



# THE PORTUGAL News

Portugal's **National** Newspaper in English



29 Aug 2009 • Edition N° 1025 • €1.50 inc. IVA • Publisher: Paul Allen-Luckman • Editor: Brendan de Beer • www.the-news.net

## State could be liable for Albufeira cliff crumble

Prosecutors have said this week the State could be held responsible for the Albufeira cliff-fall tragedy which killed five people on the Maria Luisa beach last Friday. (See PP 2 and 3)

## Airport passengers brace for weekend strike

National airline TAP has vowed this week that it will do everything possible, within the law, to ensure passengers who have booked flights during planned industrial action for this weekend can still travel. (See P. 5)

## Family home sold to pay for infant's UK life-saving transplant

The grandparents of a two-and-a-half year old boy with serious liver problems have put their Algarve home up for sale to pay for a life-saving transplant at King's College Hospital, London. (See P. 7)

## Father shoots son dead whilst hunting

A father accidentally shot dead his 16-year-old son, an only child, while the pair were out shooting turtle doves. (See P. 13)

## Lions tamed as Dragons fly high

Sporting de Braga are the leaders of the Liga Sagres after two rounds by beating Sporting at the Alvalade Stadium 2-1 on Saturday. Benfica scored an injury time winner against Guimarães, whilst FC Porto sailed through with a 3-0 victory over Nacional. (See P. 56)

## Weekend weather

**Lisbon:** High temperatures are forecast for this weekend again, with blue skies and thermometers sitting in their early 30s. **Faro:** Temperatures in the Algarve are expected to be warm, at just under the 30° mark, with nights getting slightly warmer than they have been of late. **Oporto:** The North will be hot and will be enjoying blue skies for much of next week as well.

**8 page weekly PROPERTY supplement**

## Home Insurance

underwritten by Lloyds of London see p.10

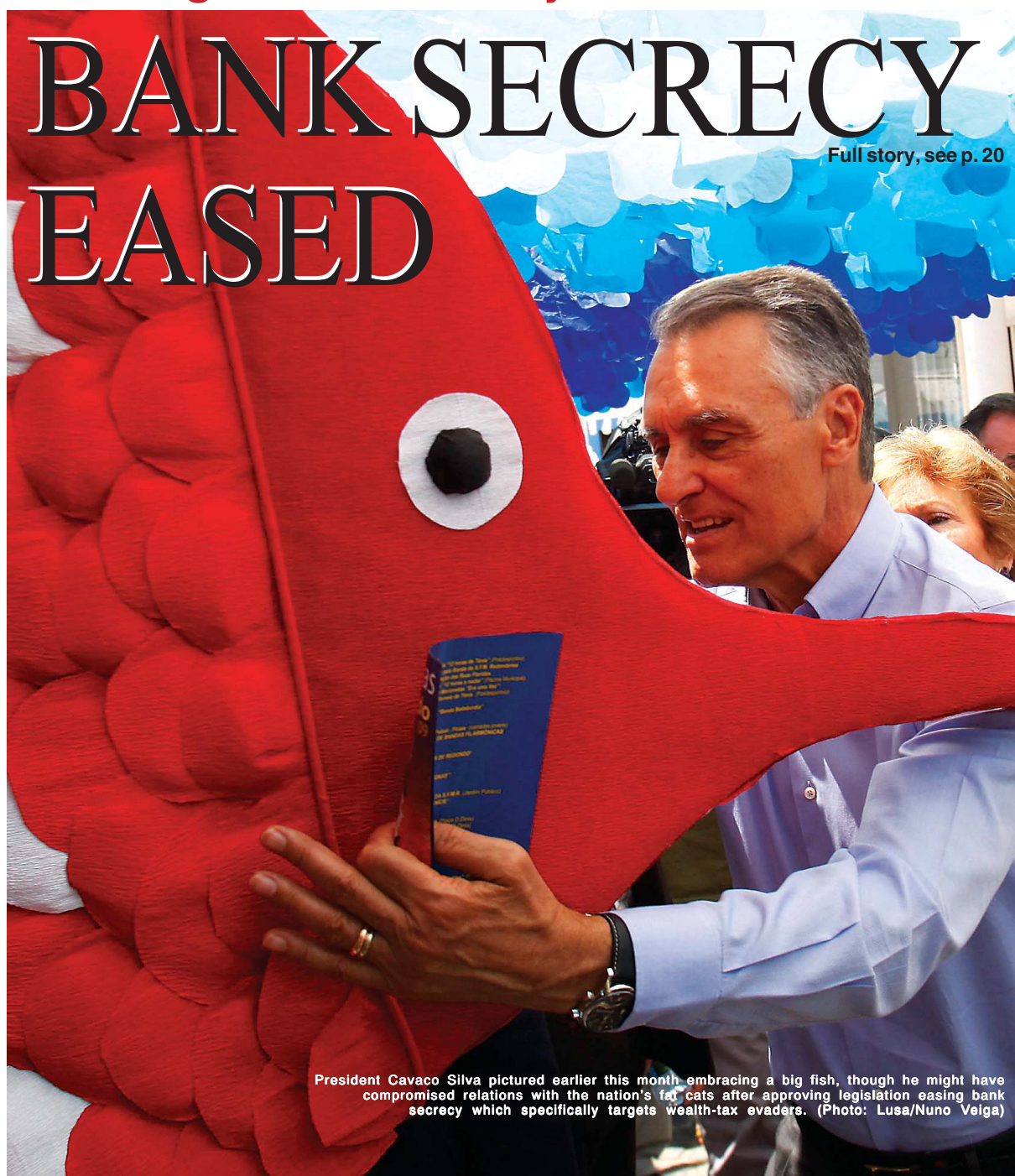
up to **40% off**

**The Portugal News Group**  
Telecoms • Contact Centre •  
Directory Enquiries • IT •  
Fairs • Info: 707 500 677

**directory enquiries in English**

**160 50 60 70**

## President enacts new legislation facilitating the lifting of bank secrecy



Full story, see p. 20

President Cavaco Silva pictured earlier this month embracing a big fish, though he might have compromised relations with the nation's fat cats after approving legislation easing bank secrecy which specifically targets wealth-tax evaders. (Photo: Lusa/Nuno Veiga)



THE PORTUGAL  
News



ANGLOPRESS  
Edições e  
Publicidade, Lda

Copyright ©2005 Anglo Press Lda and The News Group of Newspapers Inc. • The Portugal News is owned and published by: The News Group of Newspapers Inc. • Depósito Legal Nº 80258/94

## Content

### News

National 1-7 & 11-13 • Regional 14-16 • World View 10 • Business 8-9 • Trading Places 17 • Sport 55 & 56

### Readers' input

Letters 20 • Club News 18

### Property

Property of the Week 21 • Prestige Properties 22-24  
Property Directory 25-26 • Gardening 27

### Feature pages

Eating Out 19 • More for Women 28-29 • Health 30-31  
Paws & Claws 34 • Travel 35

### Entertainment

Cinema 36-37 • Events 38 • TV Guide 39-45 • Mind & Soul 50

### Advertising

Advertisers' Hotline 32-33 • Company Finder 46-49  
151-54 Classified

### Contacts

Postal Address: Apt 13 • 8401-901 • Lagoa

Courier: Rua Município de S. Domingos • Urb. Lagoa Sol • Lote 3 r/c • 8400-415 Lagoa

Tel: 707 500 655

Newsdesk: 707 500 655

Sales: 707 500 677

Classified: 707 500 646

Fax: Gen 707 941 201 • Sales: 707 942 053

Email: info@the-news.net • sales@the-news.net

Web: www.the-news.net

### Print & Distribution

Printers: MIRANDELA Gráfica, Lisbon

Tiragem: 20,664 copies this week

Distributors: VASP

Member of apct audited circulation

### Production Team

Publisher: Paul Luckman • publisher@the-news.net

Editor: Brendan de Beer • newsdesk@the-news.net

Production: Madeline Luckman • copy@the-news.net

Journalists: Carrie-Marie Bratley • Tommy Broad

Classifieds: Rebecca Andrade

Paws & Claws: Raquel Salbany

Preview: Raquel Salbany

Travel: Sherry Hughes

Photos: LUSA • Press Association • Portugal News

### Sales Team

Sales Manager: Bella Talhadas • 914 393 736

Area Managers:

Lisbon, Estoril, Cascais, Sintra • Bella Talhadas

Alvor, Lagos, P. da Luz, Aljezur • Marilyn Holmes • 914 863 604

Guia, Almancil, Faro • 707 500 677

Loulé, Quinta do Lago, Vale do Lobo, Ayamonte

Tom Chapman • 912 583 188

### Support

Accounts: Gaby Rodrigues

Subscriptions: Samantha Hoather

### Subscriptions

52 editions of The Portugal News. cost €67.50 (Portugal), €135 (Europe) or €210 (World Airmail). Send your name and address plus cheque or credit card details to Apt 13, 8401-901 Lagoa or email sam@the-news.net. Queries, please call 707 500 655.

### Newsletters

To subscribe to our free weekly newsletters, sent by email every Friday please email Becky@the-news.net

### Disclaimer

Although we do everything possible to ensure the integrity and suitability of advertisements in The Portugal News, ANGLOPRESS Edições e Publicidade Lda, The Portugal News, its employees or representatives cannot accept any responsibility for claims made by advertisers in their publicity, and cannot become involved in any disputes or litigation, howsoever arising.

# State could be held responsible for Albufeira cliff crumble

The head of the Public Prosecuting Magistrates Union (SMMP), João Palma, has said this week that he believes the State could be held responsible for the Albufeira cliff-fall tragedy which killed five people on the Maria Luísa beach last Friday.

João Palma told newspaper Diário de Notícias (DN) he is "convinced" a criminal investigation will already have been launched into the conditions under which the five beach-goers' deaths occurred and does not dismiss the possibility of the state being accused of "eventual culpability".

"If it isn't, it will have to be, and as urgently as possible, as there will be consequences as a result of the investigation. The cliffs presented a risk of collapse. Now we need to know if any such warnings were visible and clear enough to ensure the beach's safety", he explained.

"Given that the cliff face was a danger to the physical integrity of people the responsible authorities should have been aware of it, and, therefore, the Public Prosecutor's office should necessarily launch a criminal investigation" João Palma argued.

Lawyer Rogério Alves, former chief of the National Lawyers' Register, shares the same opinion, claiming the warning sign that was placed near the rock face "was not clear enough".

"The sign must convey danger, be visible and clear and proportional to the risk", he stated.

Highlighting that the cliff in question is part of the public maritime domain, the lawyer stressed it was the state's responsibility to "verify, protect and warn" the public of its dangers, and believes "it is necessary that an investigation is held to establish whether those obligations were adequately carried out, or whether there was negligence involved".

On the day of the incident En-



vironmental Minister Nunes Correia assured the public that "there was no negligence" and affirmed to the media that the cliff face was identified as one of "potential risk, but "not as one that posed a short term risk of accident".

According to the Minister, there are two probable causes for the incident, one being an earth tremor that measured 4.6 on the Richter scale, was felt most strongly in the eastern Algarve and occurred four days before the rock fall, the other being the strong

tidal activity noted recently.

However, the Institute for Metrology has in the meantime held a press conference in which it said it is not possible to establish a direct connection between the tremor and the rock's partial disintegration.

## Mayors appeal for people to 'stay away from cliffs'



The Mayors of Portimão and Lagos have asked their municipal services to keep an eye on the state of cliff faces in their areas as well as appealing to beachgoers to stay away from cliff faces.

Manuel da Luz, Mayor of Portimão, told the Lusa news agency that "instructions were given to Civil Protection authorities and to the town hall's environmental department so information can be supplied in the next few days of the most critical coastal points within this region".

This reportedly applies more specifically to the area between Praia da Rocha and the Três Irmãos beach.

Manuel da Luz also con-

firmed that "it is a fact the warning signs from some dangerous areas have disappeared" and said he believes "there should be strong recommendations made to keep people away from cliff faces".

"The cliffs are made from a porous substance that is very sensitive to rain, humidity and other natural factors. We have advised our services on what to look out for bearing that in mind", the municipal executive explained.

He reassured the public that Portimão enjoys a "direct relationship" with the Regional Algarve Hydrographical Administration (ARH Algarve) and that recent interventions have been carried out to ensure utmost safety.

Júlio Barroso, Mayor of Lagos, guaranteed that he has been "aware of this problem for many years" and is paying attention to all developments.

Referring to last week's rock fall on Albufeira's Maria Luísa

beach, which killed five individuals, he said "A tragedy such as this should serve as a warning to citizens and shows the consequences of what happens when warnings that are placed in areas of risk are disrespected".

"An accident of this nature worries us, but it is a matter that goes beyond town halls' jurisdiction and we count on the responsibility of beachgoers to avoid areas of danger", he said.



## Authorities admit beaches could close following coastline check

As a result of last week's tragic rock slide on the Maria Luísa beach, Albufeira, which killed five beachgoers, around 40 of the Algarve's beaches were checked by the authorities to assess their levels of safety.

Authorities admitted that any beach posing a threat of a repetition of last week's incident could be closed off.

During the first day of checks three areas of danger were detected on beaches in the Albufeira region; the western side of the Maria Luísa beach, the Olhos de Água's cliffs, and two rock formations on the Oura beach.

The latter situation was immediately resolved, the unstable rocks being released from the main formation in a controlled operation.

The other two situations were sectioned off from public use, a safety perimeter being created using plastic tape.

The safety checks which were carried out until Friday this week covered an estimated 40 beaches along a 45-kilometre stretch between Olhos de Água (Albufeira) and Porto de Mós (Lagos).

Paulo Cruz, Vice President of the Regional Algarve Hydrographical Administration (ARH Algarve) explained that it is this stretch of coastline "where there are cliff faces that, because of their vulnerability, have a high level of risk".

Some cases, such as the Dona Ana beach (Lagos), Castelo beach (Albufeira), Carianos and Três

Castelos (Portimão), have already been highlighted in a 2009/2013 Plan for Coastal Action as areas "at risk of collapsing".

The decision to carry out the emergency inspection was made after last week's tragic incident, which killed five people and injured three others, and aims to "detect any possible situations of danger". As well as assessing beaches it also aims to detect spots where there is a lack of appropriate signage. New yellow and black signs with the word 'danger' in Portuguese and English have been ordered to replace and reinforce existing signage.

Despite admitting this first phase is based on an "essentially visual assessment", to detect any blocks of rock that look unstable, Paulo Cruz guaranteed "necessary measures would be taken to safeguard the physical integrity of bathers", which could include completely closing off any beach considered to be 'high risk'.

Four ARH staff – two geologists and two civil engineers – are responsible for carrying out the entire 150-kilometre-long inspection.

When asked if four men were enough to efficiently complete the task, Paul Cruz admitted, "many more would be ideal".



Above and facing page: Hundreds of people scattered as a large cliff section broke away and fell on to bathers below near Albufeira. It is thought that five people have died. Mr Dowling from London said "We go to that beach every day, we heard the ambulances and fire brigade arriving, its absolutely shocking. There are always English families in the shade of these rocks. You really feel for these people". There were 38 emergency vehicles at the scene and over 90 emergency staff. A temporary hospital was set up to deal with the less injured. The President of Portugal has visited the scene. Unfortunately warnings signs on the rocks have been ignored. (Photo: The Portugal News)

## Algarve beach workers fear more accidents

The Association for Algarve Beach Concessionaries and Other Businesses (AISCOMA) has accused technicians of the ex-Regional Environmental Board (now renamed the Regional Algarve Hydrographical Administration) of, for more than ten years, ignoring successive warnings brought to their attention of potential cliff collapses.

The same Association has estimated that between Vilamoura and Lagos there are some 20 beaches facing imminent danger of a rock slide. AISCOMA has advised authorities that if such cliffs are not demolished as soon as possible it could result in the same dimension of tragedy as that which took place last week on Albufeira's Maria Luísa beach and killed five people.

"Engineers of the former Regional Environmental Board were given plenty of warning about the possibility of a rock fall on the Maria Luísa beach, and five people have died. But they said we were talking of 'solid rock' that didn't pose a danger and they said it would never fall".

Another beach that concessionaries have specifically warned about is Praia do Castelo, also in Albufeira, which lost its 'Blue Flag' award eight years ago

but is still visited by thousands of Portuguese and foreign holidaymakers. It is also presently very popular amongst young Portuguese soap actors.

Ten years ago, on Praia da Coelhoa, Albufeira, where the President of Portugal has a holiday home, two fishermen died after rocks fell on them.



The same scene five days later (Photo: The Portugal News)

## Tourism unaffected by rock fall

According to a representative of a regional tourism association the recent tragedy that took place on the Maria Luísa beach, where five people were killed when part of a cliff face broke loose and fell on beachgoers below, has not affected tourism in that area.

Eldérico Viegas, head of the Algarve Association for Hotels and Tourist Resorts (AHETA) said that while the incident has not affected the British holidaymaker market, it does "de-

mand reflection" and has said the coastline's management should be assigned to one single entity.

Nuno Aires, President of the Regional Tourism Board ERTA, justified his opinion by confirming "the incident had only one factual report in the British press and it has not affected that market".

The Public Prosecutor's office has, meanwhile, ordered an investigation to be carried out into the incident.

**FIESA**  
VII  
Internacional  
Sand Sculpture  
Festival  
**2009**

Amazing by Day and by Night!

[www.fiesa.org](http://www.fiesa.org)

Worlds Largest Sand Sculpture Park

tema | DESCOBERTAS :: DISCOVERIES

Agenda from 1 July to 30 Aug:  
Every day  
> 10am to midday / 4pm to 9pm - Free Sand Sculpture Activities for all ages.  
> 9pm to midnight - Video Projections with documentary images of FIESA 2009.  
From Sun to Thu. 7pm to Midnight - Street Arts and Circus Animation.  
> Fridays and Saturdays 9pm to 11pm - Ambient Chill Out Party.

22 May - 22 Oct  
10h - 24h  
PÉRA - ALGARVE  
22 Set. a 22 Out. das 10h às 21h

Mundo de Areia  
Sand World

10%  
DISCOUNT  
at the entrance up to 8 people  
Valid until 30 Aug

Info +351 969 459 259/461



# EU unveils priority groups for swine flu vaccination



The Pedralvas primary school which was closed in July after five children were infected with swine flu. (Photo: Lusa / João Relvas)

The European Union Health Security Committee and the Early Warning and Response authorities (HSC/EWRS) this week adopted a policy statement proposed by the European Commission which outlines a shared European approach towards identifying target and priority groups for A H1N1 vaccination.

On the basis of current scientific evidence and taking into account guidance by the European Centre for Disease Control and the World Health Organisation, the HSC/EWRS statement recommends the following groups as constituting the first priority categories for A H1N1 vaccination: All persons from 6 months old with underlying chronic conditions (e.g. Chronic respiratory diseases; chronic cardiovascular diseases and persons with congenital or acquired immunodeficiency) starting with those with most severe symptoms, pregnant women and health care workers.

Once these first priority groups have been vaccinated, the vaccination proceeds until the national targets have been met.

The statement stresses that it is the responsibility and mandate of each Member State to develop a vaccination strategy for Influenza A H1N1.

Portugal has ordered around three million doses of Tamiflu,

amid predictions by the World Health Organisation that around a third of the Portuguese population will be infected by swine flu.

Earlier this week, Health Minister Ana Jorge said that she expected around 90 to 95 percent of all swine flu cases will be "mild" and have minimal effects on people's health.

Earlier this week, Health Minister Ana Jorge said that she expected around 90 to 95 percent of all swine flu cases will be "mild" and have minimal effects on people's health.

## Two biggest parties to spend €50m on local elections

The Socialist Party, which currently forms the Government, is spending 30.5 million euros on the upcoming local elections, whereas the biggest opposition party, the Social Democrats (PSD), will be investing 21.9 million euros in the ballot.

Spending habits have changed dramatically for the PSD since the 2005 elections, which have slashed their outlay by half, figures released this week indicate.

The PS, despite the current economic crisis, have upped their expenditure by over three million euros.

The figures are available on the Constitutional Court's website ([www.tribunalconstitucional.pt](http://www.tribunalconstitucional.pt)), where it also reveals the exact amount spent

by political parties on campaigning.

The PSD will be spending almost half their election budget on billboards and posters, while the PS say they will spend 9.3 million euros on publicising their candidates.

The Left Bloc and the Christian Democrats (CDS-PP) will be spending just under two million euros each, while the Communist Party, have allocated ten million euros towards local election campaigning.

## STARTING A NEW BUSINESS?

### Talk to us first

**The Portugal News** was established in 1977 and over the years we have built up affiliated companies and a network of trustworthy technical partners, including lawyers and accountants. We know the right people, the best way to set up a successful business and can help foresee possible pitfalls.

Starting a new business in a new country can present many new and unexpected challenges, but we are here to help.

An initial consultation is free and without obligation.

Our experience could make all the difference to your new business.



For more information please call our Technical Company Advisor on 707 500 028

The Portugal News - reaching 50,000 readers every week.

#### Affiliates:

■ **Algráfica** - Design Studio

■ **World Telecom** - Phone & ADSL Suppliers

■ **BlueChipIT** - Corporate IT Support

■ **PC Surgery** - Private IT Support

■ **Lingua Franca** - Your virtual office on the go

■ **DQ** - Directory Enquiries in English

■ **International Algarve Fair** - 2 day business fair

## Nine in ten mayors standing for re-election

Despite laws which have come into force limiting mayors to no more than three mandates in charge, coupled with the reported strain of being in politics, only 29 of the country's 309 mayors are not standing for re-election.

Even the positive discrimination resulting from gender parity laws has failed to see Portugal's male-dominated town halls prepare for change.

The PSD have put forward 23 women candidates, while the PS have nominated 28, which brings up an average of under ten percent.

However, if faces are expected

to remain largely unchanged in the country's town halls over the next four years, they are set to change considerably in 2013.

More than two-thirds (188) of all mayors in office are standing for their third term in office, which signifies that should they be re-elected in next month's elections, they will be forced to stand down four years from now.

## SOLAR GRID CONNECTION

Feed-in tariff 0,615 €/kWh

### Quotes, Registration, Installation, Maintenance

Fixed roof installation (25° inclination)

	kWh/year*	€/year	Tretum [y]
Sagres	6.048	3.931,20 €	6,1
Beja	5.537	3.599,05 €	6,7
Lisboa	5.126	3.331,90 €	7,3
Santarém	5.245	3.409,25 €	7,1
Coimbra	4.828	3.138,20 €	7,7
Braga	4.907	3.189,55 €	7,6
Bragança	5.031	3.270,15 €	7,4

\* Valores estimados by PV Syst



Évora - 3,68 kW - instalado em Julho 2008

FFsolar Lda.  
P. I. da Feiteirinha, Lt. 1  
8670-440 Aljezur  
Tel/Fax: +351 282 998 745/6  
mail@ffsolar.com  
www.ffsolar.com



Our experience is your security\*

**SOLAR**  
SISTEMAS DE ENERGIAS ALTERNATIVAS PORTUGAL, LDA.

\*since 1989 in Portugal

## Algarve Blessing

All Saint's Anglican Church can arrange your Wedding or Marriage Blessing in a superb, if not idyllic setting. We also have special arrangements with a Wedding Planner who can offer superb locations for your Wedding or Blessing Ceremony and celebration, which include a beach setting, beautiful gardens (weather permitting), a Pavilion or Marquee for larger groups. Plus other arrangements including transport, accommodation, catering, photography.

For more information please call 351 282 380 311 or go to [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org)

ALL SAINTS  
ANGELICAN CHURCH



# TAP to do 'everything possible' to avoid strike disruption



National airline TAP has vowed this week that it will do everything possible, within the law, to ensure passengers who have booked flights on the proposed days of the strike can still travel.

"TAP has a commitment to those passengers who have booked to travel on the affected dates, to transport them, and in that sense we will do everything possible to achieve that objective within the law", said António Monteiro, TAP's spokesperson.

TAP workers' unions have accused the Government of planning to use handling company Portway to carry out the services affected by the airline's groundworkers' (Groundforce) strike, and which aims to paralyse all airport services, this Friday and Saturday. Union members have also accused the national airline's President of being "Arrogant and oppressive". TAP administration's intention to sell Groundforce is, however, the main reason behind the action.

Unions expect a 90 percent adhesion to the strike, which is planned for August 28<sup>th</sup> and 29<sup>th</sup> and September 11<sup>th</sup> and 12<sup>th</sup>, which is expected to be "historic".

It is believed the action is being carried out because of a dispute over pay.

The TAP spokesperson said "Groundforce was in a process of dialogue with unions and that was unexpectedly interrupted when a pre-strike warning was handed over" adding that he believes this strike is solely due to political reasons.

He has queried why the unions have listed TAP administration's alleged intention to transfer the maintenance of its aircraft to the former VEM base, in Brazil as one of the reasons for the strike.

"It is ridiculous. This is Groundforce's strike, what does that have to do with aircraft maintenance?" he argued.

The four days of action were proposed by the Airport Handling Technicians' Union (STHA), the Airport and Aviation Workers' Union (SITAVA), and the National Civil Aviation Worker's (SINTAC), amongst

others.

Meanwhile international travel agencies have been issuing warnings of the action and disruption it will cause to TAP's services.

Website 'directline-holidays.co.uk' said "Customers who are booked on flights to Portugal with TAP over the Bank Holiday weekend should be aware that industrial action has been threatened by many of the airport service providers used by the Portuguese airline".

It continued "The industrial action is being threatened in a dispute over pay and is likely to affect TAP's ground operations at all Portuguese airports which are likely to result in delays and/or flight cancellations.

Customers flying on the days of the threatened strike have been advised to travel with hand-luggage only, if at all possible. TAP have confirmed that any passengers who wish to change flights may do so free of any charges. The airline has also apologized to customers for any flight disruptions which may arise from the strike".

Earlier this month when the four days of action were unveiled it was initially reported it came in protest against the salaries earned by administrators coupled with the purchase of dozens of new luxury cars for the airline's top brass. Workers at the airline have had no increases for over a year due to the company's cost-saving policy brought about by the economic crisis.

"The crisis is obviously not affecting all of us, as administrators and directors are now getting twice as much", charged Vítor Mesquita, of the SITAVA union, two weeks ago after TAP administrators announced the purchase of 30 new company cars, arguing the ones they replaced were "old". Unions had initially claimed that the board had acquired 42 new vehicles.



TAP president Fernando Pinta talking to the press in Lisbon, April this year. (Photo: Lusa / Mario Cruz)

## Quercus looking to ban night flights

Environmental protection agency Quercus is looking to ban flights to and from both Lisbon's Portela Airport and the Sá Carneiro Airport in Oporto, between midnight and 06h00 due to the negative effects it has on the health of neighbouring populations.

Speaking to *Lusa* news agency the Vice-President of the Quercus National Nature Conservation Association, Francisco Ferreira, said that Portugal was a pioneer in matters relating to noise, particularly regarding Airports, when in 2002 the first law concerning sound pollution was implemented.

It stated that flights should not be carried out during the aforementioned period unless in cases of "public interest".

"A normal flight to one of Portugal's autonomous islands that, for obvious reasons would generate clear interest would fit into that exception, but not a flight to Vienna, Paris, or a charter flight to Punta Cana. But because of

European legislation, which is not so demanding, Portugal has revoked its regime and adopted more flexible rules".

Between 2002 and 2003 the transposition of a European law over the national ruling allowed flights to be carried out during the early hours at Lisbon Airport as civil aircraft and jet movements are superior to 50,000 movements (take offs and landings) per year.

Regarding Oporto's Sá Carneiro Airport, which has considerably less than Lisbon's 50,000 movements per year, 11 aeroplanes take off or land between 24h00 and 06h00: 70 flights per week, or 2,100 per year.

According to Quercus this is

having harmful effects on citizens' health, particularly for those who live near the Airports' runways.

The Association has based its claims on various studies that were carried out towards the end of 2007 and which identified the main consequences as being high stress levels and high blood pressure, as well as headaches, emotional disturbances, tiredness and a higher risk of developing diabetes.

Quercus carried out its own study between August 8<sup>th</sup> and 23<sup>rd</sup> this year and established that Lisbon's Portela Airport saw 142 flights land or take off between midnight and 06h00, not including delays, the majority of which were operated by

SkyEurope and TAP.

Meanwhile a spokesperson for national Airport management company ANA - Airports of Portugal has responded by claiming no night-flights are operated between 24h00 and 06h00 and those that are, are exceptions.

ANA further claimed only 94 flights a month land or take off in Portugal between midnight and 06h00.

Quercus' request that all late night and early morning flights (between midnight and 06h00) be forbidden at Lisbon's and Oporto's Airports has been sent to the Ministries for the Environment and Public Works, as well as to ANA, which manages both Airports.

## 'Pirate' freighter carrying only timber, says Russian ambassador

The Arctic Sea freighter, seized by suspected pirates in Europe earlier this month and eventually intercepted by the Russian Navy off Cape Verde last week, was only carrying timber, Moscow's ambassador to the islands has said.

Ambassador Alexander Karpushin said this week in Praia that media reports the Arctic Sea was transporting arms or nuclear material were "speculation" and, in fact, pure "fantasy." If the vessel had been carrying arms to Iran, as reported by some media this week, it would have been easier to use the Caspian Sea, noted Karpushin, adding Russia

complies with all international laws on arms sales.

"The ship belongs to a Finnish firm, has a Maltese flag and only a Russian crew," noted the Russian diplomat, who met earlier with Cape Verde Prime Minister Jose Maria Neves to offer Moscow's thanks for Praia's assistance in finding the missing freighter.

TPN/Lusa



### AIRPORT TRANSFERS

**Making YOU the VIP for LESS than the cost of a taxi.**

Bringing 25 years experience in the ground transportation business to the Algarve.

Now offering a dedicated chauffeur service that delivers **reliability, courtesy and style** at an extremely competitive price

**Example Prices From Faro Airport To**

Quinta do Lago	€25
Albufeira	€35
Portimão	€50
Lagos	€65
Salema	€75
Sagres	€90

Domínio Da Elegância LDA  
Alvará N.º 1587/2009  
Urb. Marina Sol, Lt. 12 Loja B  
8600-722 LAGOS

**TEL: 282 695 074**  
**bookings@vipchauffeurs-algarve.com**

**CASH & CARRY OPEN TO THE PUBLIC**

### THE BIGGEST Meat Wholesaler in the Algarve

**Trained in South Africa and England**

Boerewors • Chilli Bites  
Biltong • Beef Olives  
Lamb Shanks  
Gamon Steaks  
Matured Beef • Ox-tail  
Pork Loin with Cracking  
English Sausages

**Open Monday - Friday**  
8am - 1.30pm & 2.30pm - 7pm  
**Closed Saturdays, Sundays & Public Holidays**

Largo Gil Eanes - Bloco A - r/c - Portimão  
(Near Portimão railway station)  
Tel: 282 410 590 H/O N.º: 289 583 070



**2 PROMOTIONAL SPECIALS EVERY WEEK**

**NOW ALSO IN LISBON**



# Hundreds of cyclists compete in Timor's first 'peace race' tour



The 'peace race' involving more than 300 cyclists in Dili, East Timor on 24th August. (Photo: Lusa / Henriques Botequilha)



More than 300 professional and amateur cyclists from 15 countries sped out of Dili Monday at the start of East Timor's first "tour", a debut event President José Ramos Horta dubbed "the peace race".

The male and female cyclists, mostly from Australia, will cover 450 kilometres of tortuous road and track during the five-day race - twice climbing over the island's 2,000-metre mountainous backbone - before returning to Dili on Friday, organisers told the Lusa News Agency.

With prize money totalling \$75,000 US (£52,000), the race, an idea long promoted by Ramos Horta, is part of festivities marking the 10th anniversary of the country's 1999 plebiscite for independence from Indonesian occupation.

The President has long pushed for an international cycling tour

as a way to promote an image of peace, hospitality and beautiful scenery to encourage tourism.

Ramos Horta, accompanied by Prime Minister Xanana Gusmão, saw the competitors off from the new Chinese-built presidential offices, the Nicolau Lobato Palace, describing the event as "the peace race".

Organiser David Butts underlined the debut tour had drawn more than 300 professional and amateur cyclists, while the renowned Tour de France fields only 180 competitors.

The East Timorese and Malaysian national teams were among the participants.

TPN/Lusa

## Banking savings possible by using the Internet



Up to €240 per year can be saved by carrying out banking transactions using on-line Internet services according to a study by consumer rights watchdog DECO.

DECO's 'Money & Rights' supplement, which will be published next month divulges findings from the analysis of current and 'wage' bank accounts from 19 different banks, which conclude the latter is the more affordable to maintain.

In general 'wage' accounts, into which wages are deposited and which entail an overdraft of the same amount as the wage, are exempt from maintenance fees and many do not even charge annual card fees.

Using the Internet and the telephone to move money and manage accounts is, according to DECO, the most cost and time-friendly and approach to banking. These channels allow, on average, savings that can often be superior to 50 percent in comparison to over-the-counter services.

In some cases up to €240 can be saved.

For those to whom the Internet is inaccessible, telephone banking or ATM machines are recommended.



Eu também leio o  
The Portugal News  
Tel 707 500 677

## Teachers lose 13% of classroom time over disruptive pupils



As the summer holidays come to an end, it is not only children who are bracing themselves for a new school year, teachers are also preparing to return to work, the European Commission said this week following the release of an OECD study.

The OECD recently published the results of an international survey on teaching and learning. The survey was conducted in 23 countries, 15 of which are EU members.

The EU supported the survey, hoping to give education authorities a clearer idea of how to support the estimated 6.25 million teachers in the EU.

Whereas previous OECD surveys assessed pupil performance, this one targeted teachers and head teachers. The results

were used for the first ever international comparison of learning environments and teachers' working conditions.

Three out of four teachers feel that they lack incentives to improve the quality of their teaching, while bad behaviour by pupils in the classroom disrupts lessons in three schools out of five.

Teachers in Ireland, Portugal, Spain and Italy complained of no systematic appraisal or feedback on their work. Education authorities

can take from this the need to provide rewards and recognition of strong performances.

All surveyed countries seem to have a shortage of qualified teaching staff. But the figures vary widely, from 12 percent of schools in Poland to 78 percent in Turkey lacking teachers.

The survey results suggest that education planners could support teachers and pupils more effectively by focusing on learning outcomes rather than curricula.

# CalamITY?

**PART OF THE NEWS GROUP**  
Established 1877

- Your one-stop surgery for PC's Macs and laptops
- Quality hardware and software supplied
- Repairs without loss of data
- Software and Hard-ware issues resolved
- Upgrades and Technical jargon made simple
- PCs and Macs tailored to your specification
- Fully qualified English/Portuguese Technicians

## PC SURGERY

A name you can trust!

P.O. de AA car  
EN 125  
LAGOA

- Free consultation and advice over the phone
- No fix, no fee policy
- Collection and delivery service in the Algarve
- We beat any competitive quote in the Algarve

**We repair & maintain ANYthing to do with a computer or network.**

**Call our Hotline: 707 940 332**



## Boats protest Arrábida territorial plan

Around 100 boats sailed in procession along the coast of Arrábida to protest against the Arrábida Natural Parque Ordaining Plan (POPNA), with the organizer's affirming more action could follow.

The boats headed towards the Pedra da Anicha area, near Arrábida's 'little port', to contest the POPNA's rules and restrictions that will be imposed on fishing and leisure boats.

Around 100 boats took part in the demonstration, fewer than hoped, 70 of which came in support from Sesimbra and Setúbal.

João Belfort Cerqueira, one of the protest's main organisers, told news agency *Lusa* "We are actually in favour of the Maritime Parque [which is included in the POPNA project] but we are against its regulations".

"Today's demonstration went well, the vessels sounded their horns together and displayed their placards without problems from the Maritime police", he said.

João Cerqueira said the protest

had been staged to show that the boat owners "exist" and guaranteed that they are available to discuss and negotiate alterations to the POPNA.

"Let see if we can sit down around a table and achieve some modifications. We are not going to drop our protest and, if nothing is done, we will put together, with time, something involving around 500 vessels to dispute these rules".

According to João Cerqueira, the mission is "to be part of the solution and not of the problem", explaining that the restrictions which are to be put in place by the POPNA create difficulties for fishermen and prevent the full development of the existing tourism potential.

So far no contact from the Parque has been made to hear the boat-owners' proposals.



Around 100 boats joined in protest against the plans for the Arrábida nature reserve on 22nd August. (Photo: Lusa / Ruis Minderico)

## Family sell house to pay for grandchild's life-saving transplant in London

The grandparents of a two-and-a-half year old boy with serious liver problems have put their Algarve home up for sale to pay for a life-saving transplant at King's College, London.

Estimated to cost around €200,000, the operation is still €50,000 more expensive than the property's asking price.

Portugal's Ministry of Health has reportedly refused to help with the costs.

The boy's mother, Ana Margaça, who lives in Costa da Caparica, told Portuguese newspaper *Diário de Notícias* "English doctors have said the ideal thing would be to operate this summer".

Ana, a former insurance professional, quit her job to care for her son while her husband, a civil engineer, is currently seeking employment.

Sick toddler Martim was born with a genetic disorder which results in a deficit in hepatic enzymes, a condition known as the Alpha 1-Antitrypsin deficiency.

Since it was diagnosed his condition has been followed by Coimbra's Pediatric Hospital, who recommended the family have the surgery carried out in the UK, if that possibility existed.

With the operation believed to cost an estimated €200,000, Martim's grandparents placed their two-bedroom property, a family heirloom located in Cabanas de Tavira, Eastern Algarve, up for sale for €150,000, but so far no potential buyers have emerged and the family is now worried time may be running out.

Meanwhile other costs relat-

ing to the boy's illness, which has left him with an extremely weakened immune system and bones that break easily, are also starting to weigh heavily on the family's bank balance. A box of special milk costs €50.10 and lasts for four days.

According to the child's family, one of the most significant complications in having the operation carried out in Portugal, which can only be done in one of Coimbra's University Hospitals, lies in the fact that the patient must be admitted to hospital from the moment their health deteriorates. Martim's mother has argued that transferring her son to a pediatric hospital with a weak immune system and at a time when he is greatly debilitated to wait for the transplant is not in his best interest.

In 2007 she logged a formal complaint in the establishment's complaint book and has guaranteed that, should the family not be able to raise the necessary funds for the operation to be carried out in the UK she would seek to have it done in Spain.

The National Health Board (DGS) has explained that hospital medical care aboard is offered in "exceptional circumstances", in situations of "highly specialized medical assistance, through lack of technical or human resources, or an intervention that cannot be carried out in our country".

## Navigating your wealth through uncharted waters

Successful navigation at sea depends upon plotting your course with clear understanding of your destination and the hazards such as tides, currents, hidden rock formations and sandbanks that you will face. The financial crisis has proved when it comes to your wealth, the hazards have moved or changed. To find out where the future financial hazards are, and how you can plot a way round them to protect your wealth, [register for our seminar now](#).

seminars

**PORTIMÃO Wed 9th Sep**

Le Meridien Penina, Alvor • 4 for 4.30pm until 6pm

**ALMANCIL Thur 10th Sep**

Dona Filipa & San Lorenzo Golf Resort, Vale do Lobo • 10 for 10.30am until 12 noon

Gavin Scott SENIOR PARTNER [gavin.scott@blevinsfranks.com](mailto:gavin.scott@blevinsfranks.com)

Adrian Hook PARTNER [adrian.hook@blevinsfranks.com](mailto:adrian.hook@blevinsfranks.com)

**289 350 150**

*Avoid disappointment and reserve your place now, online booking is available on our website.*

Wealth Management  
Tax Mitigation  
Estate Planning  
Trustee Services  
Retirement Benefit Solutions

*unique solutions for tax and private wealth*



**BLEVINSFRANKS**  
[www.blevinsfranks.com](http://www.blevinsfranks.com)

Blevins Franks Financial Management Limited is authorised and regulated by the UK Financial Services Authority only for the conduct of investment and pension business. Blevins Franks Trustees Limited is authorised and regulated by the Malta Financial Services Authority for the administration of trusts and companies. Blevins Franks Tax Advisory Service only gives taxation advice; all of the advisers are fully qualified tax advisers.



# Hypermarket 'own brands' make up one third of sales

Products that are 'own brands', or 'white labels' as they are called in Portugal, now make up more than one third of all sales in hypermarkets across the country, their consumption having risen by seven percent during the first six months of this year, in relation to the same period of last year.

This was confirmed by Centromarca, a representative entity for big-label companies.

The sale of own-brand products has, according to Centromarca's data, risen in almost all distribution chains, mak-

ing up 33 percent of sales during the first six months of this year in comparison to the same period of 2008.

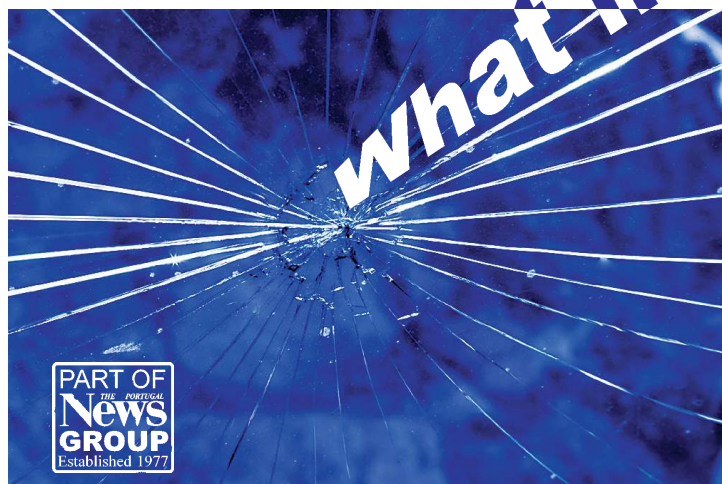
'Big' or well-known brands represented 67 percent of sales between January and June 31<sup>st</sup> this year, in comparison to the 69.2 percent it represented over the same time-frame last year. Therefore it can be concluded the preference for well-known brands has dropped by 3.1 percent during the first semester of 2009, in comparison to the same period of 2008.

Beatriz Imperatori, general-director of Centromarca, said the rise in sales of 'own brands' is being caused "not only by the economic crisis but mainly because of the retracting of 'big label' products from shelves as well as by Portugal's evermore dominant and concentrated position in distribution".

She explained how large hypermarkets are providing less shelf space for branded products, opting instead to fill their shelves with 'own brand' products which, at this time of economic downturn, are rising in preference.



Excellent branding from Pingo Doce.



What would happen if your system or server crashed and you lost all your data? Your business would come crashing down bringing trading to a halt. BlueChip IT is a new dedicated service from World Telecom giving small to medium size companies 'blue chip' support to ensure your data and systems are as safe as possible. We offer:

- 24/7 support by Microsoft Certified engineers
- Daily or weekly secure 'off site' back-ups
- Regular maintenance of servers and computers
- Fast response and standby systems
- Alternative Internet & email connections if your service goes down

The good news is that our services can be tailored to meet your needs and budget, whatever the size of your company. We will be happy to give you a free on-site assessment of your system and discuss how to make sure you stay operational whatever happens.



**BlueChipIT**  
Ensuring your business IT works for YOU

Call 707 940 337..... Kurt Pardon..... IT Director..... Blue Chip IT

## Luxury brands doing well in Portugal

High-end boutiques located in the centre of Lisbon are, according to the Lusa News Agency, weathering the crisis well and have not noted a drop in demand.

In some cases the so-called 'luxury' brands have even registered rises in sales in comparison to 2008 and deny that, within their market sector, the crisis is going to have an effect.

Lusa contacted several shops from the exclusive Avenida da Liberdade and Chiado streets in Lisbon, including Ermenegildo Zegna, Emporio Armani, Hugo Boss and Hermès, and was painted a positive image by managers of clients' behaviour, convey-

ing the belief that luxury businesses in Portugal are not suffering as much as their international counterparts.

However, the crisis has, in some situations, taken its toll, made evident, for example, by the closure of the Chiado's Cartier shop.

João Calos, sub-manager at the Emporio Armani store, explained that "things aren't going too badly, the crisis is being felt, but not in an accentuated manner".

"If things continue like they are now then we can't complain" he said, comparing the situation to that of Spain, where luxury shops are facing "catastrophic" consequences.

## EU invests €18m in ultra high-speed mobile Internet

As of 1 January 2010, the EU will invest €18 million in research that will underpin the next generation of 4G mobile networks.

The European Commission has decided to start the process of funding research into Long Term Evolution (LTE) Advanced technology, that will offer mobile Internet speeds up to a hundred times faster than current 3G networks.

LTE is becoming the industry's first choice for next generation mobile networks, also thanks to substantial EU research funding since 2004.

A quarter of a century ago, Europe had already made the GSM standard the backbone of modern mobile telephony. Based on Europe's joint research and the strength of the EU's single market, the GSM standard is today used by 80 percent of the world's

mobile networks.

LTE promises to be a similar success as EU-funded research continues to bring cutting-edge technology to the daily lives of Europeans.

"With LTE technologies, Europe's research 'know-how' will continue to set the tone for the development of mobile services and devices around the globe, just as we did in past decades with the GSM standard," said Viviane Reding, the EU's Commissioner for Telecoms and Media.

"LTE technologies will turn mobile phones into powerful mobile computers. Millions of new users will get ultra high-speed Internet access on their portable devices, wherever they are. This will create tremendous opportunities and plenty of space in which to allow the digital economy to grow."

## EU seeks more efficient cooperation between tax authorities

Within the framework of its strategy to combat tax evasion and tax fraud, the European Commission has adopted a proposal for a recast of the Regulation on administrative cooperation in the field of value added tax, extending and reinforcing the legal framework for the exchange of information and cooperation between tax authorities.

One of the key elements of the proposal is the creation of a legal base to set up Eurofisc: a common operational structure allowing Member States to take rapid action in the fight against cross border VAT fraud. The Commission today also adopted a report on the functioning of the administrative cooperation.

László Kovács, Commissioner for Taxation and Customs, said: "In the current economic situation it is more important than ever to fight tax fraud efficiently and fully functioning administrative cooperation between tax administrations is key in that respect."

"My objective is to ensure that tax authorities have all technical and legal means to take action against European Union wide VAT fraud and to ensure that each tax administration is prepared to protect other Member States' tax revenue as effectively as their own", he concluded.

### THE PORTUGAL NEWS GROUP is further expanding

**We are looking for talented, networked, sales executives with strong business skills to join our group of national companies.**

**This is an outstanding career development opportunity for an articulate person with a proven track record in customer acquisition and retention.**

**If you have the required attributes, please Contact  
The Commercial Director  
Tel 219 010 980**



part of **THE PORTUGAL News group**



## Ryanair bidding for Lisbon and Islands?

Reports have emerged that Ryanair is in negotiations with Portuguese airport management company ANA - Airports of Portugal to establish new routes within the country, namely to and from Lisbon and the Portuguese islands of Madeira and the Azores, as well as creating a second base for its fleet, possibly Lisbon.

However, while it has been confirmed that the budget carrier is in negotiations with various airports throughout Europe as part of an upcoming expansion plan, none within Portugal have been singled out or confirmed as new bases or destinations.

A Ryanair source reportedly told *SOL* that a low cost route between Lisbon and its current national base Oporto was in the making, should negotiations be successful, and that the airline was interested in furthering its investment in this country by expanding its flights to Madeira and the Azores.

Lisbon's Portela Airport could also become a new Ryanair base, should negotiations create the appropriate conditions.

"Besides Lisbon, we are very interested in the possibility of entering Portugal's islands", the source told *SOL*.

Daniel de Carvalho, Ryanair's European Communications Manager, told *The Portugal News*, "Ryanair is talking with ANA about all of ANA's airports", but added, "Ryanair is also in talks with well above 100 other airports in Europe to accommodate Ryanair's expansion over the coming months".

Regarding the suggested domestic Lisbon-Oporto route, he explained that, "logistically, the only route that could be served domestically to any airport in Portugal (including Lisbon) must start in Oporto since that's the company's only base [in this country]". The same applies to any other domestic route, such as flights to and from Madeira and the Azores.

Recently Ryanair confirmed a new domestic flight between Oporto's Sá Carneiro Airport and the Algarve, which will commence in October, as well as two new routes between Oporto and Germany.

The Oporto-Faro route will commence on October 26th with flights on Mondays, Wednesdays, Fridays and Sundays (departure from Oporto at 12h00 and departure from Faro at 13h25).

## TAP's Moscow flight proving very popular



TAP's direct Lisbon-Moscow flight, a new route that was inaugurated at the beginning of June this year, has already transported more than 8,600 passengers over a two-month period, the airline confirmed this week.

It was also revealed that the five weekly flights have an average occupancy rate of 73 percent.

According to the airline, "Between June 9<sup>th</sup> and August 8<sup>th</sup>, the Lisbon-Moscow route has carried 8,606 passengers, the aircraft having an occupational rate of 73 percent".

For the majority of those passengers Lisbon is the final destination, but 23 percent catch connecting flights to Funchal (Madeira), five per cent travel on to Faro and Oporto, and four per cent carry on to Brazil. TAP has therefore concluded that the greater part of passengers using the route are doing so for leisure.

It has been said the route, which TAP considers "strategic", could be increased in its frequency, though nothing has been confirmed as yet. Nevertheless it was calculated that the route will only

be considered "profitable" if after summer flight occupancy rates stay at around 70 percent.

Meanwhile State Secretary for Tourism Bernardo Trindade has embarked on a two-day journey to Scandinavia to "get to know the Scandinavian and eastern European markets better as well as improve relations with tour operators from those countries".

He will be making contact with key Finnish and Russian travel agencies to "reinforce the Government's connection with tour operators and airlines that are an important instrument for the country's promotion", he said.

The Scandinavian and Russian markets have already been targeted by promotional campaigns selling Portugal as a tour-ist destination to the value of €500,000 of a total €3 million budget.



## Homes sold 'under the hammer' rise significantly

The number of properties being sold at auction has risen by 30 percent over a six-month period after an increasing amount of property owners are finding themselves in bad debt and have had their homes repossessed by banks. Bank BPI has already announced two upcoming auction dates in October, on the 25<sup>th</sup>, in Gaia, and on the 26<sup>th</sup> in Lisbon.

In June, Millennium BCP also put a number of repossessed homes 'under the hammer'. Both banks chose the Luso-Roux company to organize the events.

Private owners choosing to sell their properties via auction are also increasing.

During the first six months of this year the two main auction houses operating in this market in Portugal, Luso-Roux and Euroestates, have already sold around five thousand properties. Despite the lack of official figures, this is believed to be an increase of around 30 percent in relation to the same period of the previous year.

Around 1,500 properties that were repossessed by banks have been sold at auction during the first six months of this year, in comparison to the 1,000 sold over the same period of 2008.

Both auction houses have sale rates of between 60 and 75 percent.

Diogo Livério, commercial director for Euroestates, told Portuguese newspaper *Diário de Notícias* (DN), that the number of people resorting to this form of sale has increased in relation to last year as have the number of auctions held.

So far this year the company has held eight auctions featuring an average of 60 properties each, of which between 75 and 80 percent has been sold, that representing a total of 400 properties.

Buying a property at auction entails numerous benefits for both buyers and sellers, the key advantages being the lower prices at which they are sold which in some cases can be up to 40 percent cheaper.

Ana Luísa Ferro, commercial director of Luso-Roux, told DN that the number of properties that they sell per auction varies greatly.

Luso-Roux has so far this year held 16 auctions, twice as many as the same time frame in 2008, and has sold 1,030 properties and 630 plots.

The majority of properties being sold are, reportedly, from urban clusters along the coast of Portugal as well as from the metropolises of Lisbon and Oporto.

Tax Returns... IMI Bills ...

### Missed the Deadlines?

We will provide the settlement service and charge

**NO OVERDUE TAX FEES\***

Compare our fees:

Fiscal Representation (per couple):	150,00 €
Tax Returns:	
Rental Income (per property):	100,00 €
Capital Gains (per property):	250,00 €
IMI Bills Settlement (for Clients):	FREE

\* Terms and Conditions Apply

(+ IVA / VAT)

**taxangels**  
FINANCE & TAX EXPERTS  
Vilamoura - Portugal

Tel: (+351) 289 380048  
UK: 020 7193 0650  
Rep. of Ireland: 01 443 4998  
info@portugal-tax.com

[www.portugal-tax.com](http://www.portugal-tax.com)

### RELAX... IT'S DELIVERED

Express 2000 deliver your documents, parcels or larger consignments, Worldwide.

Air Express and Economy Road Services or deliver into our Gatwick (UK) or PT warehouse and we will do the rest.

Collections and deliveries from/to over 225 countries. Next day and 4/5 day services available.



**EXPRESS 2000**

Tel: PT 917 626 037 or  
UK 0044 1342 713500

[sales@express2000.co.uk](mailto:sales@express2000.co.uk)

[www.express2000.co.uk](http://www.express2000.co.uk)

## Gibro Wealth Ltd

### QROPS

### Take Control of your UK Pension

QROPS is only suitable for those emigrating or intending to emigrate for a period of five years or more.

In almost all cases, there is no requirement to take an Annuity

On death, subject to structure and jurisdiction, your fund will be passed on to your spouse and heirs 100%

Income can be taken in a more tax-efficient manner.

UK Inheritance Tax Free

To choose the most suitable jurisdiction for you and take advantage of the above benefits

Contact our Financial Advisors

Portugal: - Tel: 00351 289 463 271

Email: [gibro@gibro.com](mailto:gibro@gibro.com)



**Gibro Group**

Gibraltar · Spain · Portugal

Av. José da Costa Meilha 34, Bloco B, 3º E/F  
8100-501, Loulé - Algarve - Portugal

Tel: 00351 289 463 271 - Fax: 00351 289 463 277  
Email: [info@gibiconsultores.com](mailto:info@gibiconsultores.com)

[www.gibro.com](http://www.gibro.com)

Gibro Wealth Ltd is authorised and regulated by the Financial Services Authority. Registered in England No. 6627977.



# Goodbye Mike!

Michael Ingram 1929-2009

Mike Ingram died on 22nd August, after an increasing battle with cancer, leukaemia taking the final toll. He leaves his wife, Ruth, to whom he was married for 60 years, son Nick, 2 grandchildren Emma and Jamie and great grandson Charles.



Mike at his desk in The Portugal News offices.

Born in Guernsey, he joined the army when of age and served with the Gurkhas in Malaya as a correspondent and photographer but not before he had found himself a German Fraulein and whipped her off to his home island. Leaving the army he and Ruth launched into the running of a hotel there, and only retired after 25 years and many stories to tell, or not! They went to live in Florida but nine years later we had our first contact with them

here in the Algarve. Mike joined the Algarve Magazine and Algarve News as a writer and photographer, and spent some time as Editor of the former. However he was, even then, plagued by outbreaks of skin cancer and decided to go and live in cooler climes. So off to France they went and built a house within sight of the Pyrenees. They kept in contact with friends from the Algarve through a B & B service, as a staging post to drivers passing

through on their way to northern Europe, and Ruth intends to take up the reins of this again once Michael's ashes have returned home to Guernsey.

Friends who knew Mike will remember him as a brilliant dinner host, with wonderful kitchen skills, a steady and concentrated writer, witty and gentle personality and our best wishes and condolences go to his widow and family.

Hilary Usher

## Mike remembered

There are still people working at *The Portugal News* who remember Mike when he was our editor until 1999. This is how they remember him:

Mike was one of the wonderful characters you can never forget. He was a real 'gentleman', always polite, courteous and charming. But beneath that exterior lurked a superb sense of humour that could often take you by surprise. At the time he lived and worked in Portugal, bureaucracy was a lot worse than it is these days, and this mild mannered man would occasionally have an outburst at some situation with the local authorities that made him mad. If there had been an association against local bureaucracy at the time, he would certainly have been its president (and probably founder member). His knowledge of journalism and photography, one of his loves, formed a significant part of the foundations on which today's *Portugal News* has been built, and we will always remember him with a deep affection.

Paul Luckman

Mike was a wonderful person to work with. Dedicated,

faithful and always there as a friend and colleague. His interest in current affairs knew no bounds and he gleaned his highly humorous 'World Briefs' from the world press before there was access to the Internet. One of the items he found gained *The Portugal News* a mention on the BBC's **The News Quiz**.

Madeline Luckman

O que posso escrever sobre o Mike Ingram. Ele personificava o perfeito 'gentleman' inglês, de um fino trato e sentido de humor fazendo-nos rir com os seus comentários a esta ou aquela notícia traduzida pelo computador. Em poucas palavras ele conseguia virar uma notícia que para os outros passava despercebida numa notícia interessante captando a atenção do leitor com o seu sentido de humor vivo e sagaz. Hei-de sempre lembrar com saudade os bons tempos em que trabalhamos juntos.

Raquel Salbany

Receiving Mike's endorsement for my first front page article in *The Portugal News* back in April 1999, which was the month

he left to retire in France, gave me the confidence to deal with the demands that have faced me ever since. On the day he left, I asked him for a writing tip, to which he answered: "Whenever you can, bring humour into your story". Since then and whenever I have written a story containing humour, there is an image in my mind of Mike reading my story with a smile on his face, nodding in approval.

Brendan de Beer

As a young impressionable school leaver, in my first real job, and although we worked in different departments of the newspaper, I found Mike a kindly gentleman who treated me with patience.

Becky Andrade

Mike will be greatly missed, for the very special person he was. It was a great pleasure knowing him and a great learning curve working with him as a colleague.

One thing that will always remain with me is his very special sense of humour.

Bella Talhadas

## Mike Ingram Editor 1990 - 1999

We spoke to Mike Ingram in 2007 when *The Portugal News* celebrated 30 years in print. Mike lived in the Algarve for 11 years and says he "spent a third of the 32 year life of *The Portugal News* in our ranks, battling for survival. He said it seemed like a mid-life crisis, but he eventually escaped and then noticed that enormous improvements took place in *The Portugal News* as soon as he had gone. (This comment sums up Mike's wonderful dry sense of humour.)

He said sources of news became available to the paper which were denied to him, but he was pleased to note that Brendan (his successor) could cash in on a happier situation with obvious success and added that *The Portugal News* is barely recognisable - a real newspaper.

Mike Ingram deserves a very special place in the history of this newspaper. He did indeed battle through some very hard times (during and in the wake of the late 80's recession), but he was always loyal and utterly professional and without him, this newspaper would not have survived.

Here are some more comments from this grumpy, but very lovable old man about his very significant time with *The Portugal News*:

My ten years of evasive action, skirting crisis after crises, were not the most lucrative of my life, but they were a lot of fun. Never a dull moment, in fact. Inventiveness was the order of the day. I wonder how many people would

believe how hard it was to "invent" enough copy to fill the "Algarve News", and that only once a fortnight. Thank goodness for a camera and a darkroom. I will remember introducing Patricia Westheimer to the act and she sticks to you like an ageless limpet after so long.

Well done, Pat, but unlike you I have found my French hosts to be kind and helpful. I read about the continuing glories of Portugal and smile, for I have memories like the three and a half years it took to import my car into Portugal and compare that with the long weekend it took in France. I remember the time my car had its annual inspection and somebody else's sticker put on the screen. That was time consuming and expensive, believe it. I remember being bitten by a wretched little dog and after anti-rabies treatment, I was given all the details of the injection just in case it had given me aids! I remember the years I unknowingly failed to pay a tax (property) because I never received a demand. A simple phone call could have rectified things, but that would have been a forbidden helpful gesture.

We enjoyed Portugal for eleven years but there comes a time in life when one can do without the hustle and we have reached that. It's still a great place to visit and we keep in touch with things through the friends we left behind and of course "The Portugal News". Keep up the good work!

Mike Ingram, Lissenbe, France 2007

Insure your property in Portugal through The Portugal News

## PROPERTY INSURANCE

UP TO  
40%

RISK RELATED DISCOUNT  
ON PROPERTY INSURANCE

This exclusive Intasure policy, underwritten by **LLOYDS OF LONDON**, has been specially designed to meet the needs of property owners in Portugal. It is available exclusively through *The Portugal News* in Portugal.

For more information, call 707 500 025.

You will receive friendly advice and a quick quote with absolutely no obligation.

- ✓ Buy on the phone
- ✓ Instant cover
- ✓ Underwritten by LLOYDS OF LONDON
- ✓ Fully comprehensive cover
- ✓ Policy documents in English
- ✓ High level of public liability

As an owner of a property in Portugal make sure you get the right insurance cover, designed specifically for you.

- Your cover is underwritten by one of the world's leading insurers - **Lloyds of London**
- Up to 40% risk-related discount available, depending on security, claims experience, excess level and your age
- Your property is covered whether occupied or unoccupied
- Your property is covered if let short term or long term
- Excellent discounts for choosing higher excess
- All policy documents are in English
- Policy covers your swimming pool as well as buildings
- Policy covers public liability of £5m or €7.5m in regard to buildings and contents (traditionally, Portuguese policies provide minimal public liability cover)
- Loss of rent included following a claim
- Covers the purchase of your home during the period between exchange of contracts and completion
- Covers temporary accommodation following a claim
- Wider cover than a standard Portuguese buildings and contents policy
- Wider cover than a 'community' policy
- All claims are reported to and resolved by a UK based English speaking team
- Optional Accidental Damage cover
- Off-Property Cover available
- Policy available in either GBP or Euros - Claims paid in either

THE PORTUGAL  
News



intasure  
Insurance that speaks your language

Call 707 500 025 for more information and a quick quote

Authorised and regulated by the Financial Services Authority



# Portugal prepares to implement EU car safety system



The European Commission this week made what it termed "a last call" to all EU countries to speed up voluntary implementation of the new in-car communication technology 'eCall' that could save 2,500 lives a year. A total of 15 EU member-states, including Portugal, have so far expressed their backing of the system and the country is now in the process of having it installed here.

The so-called eCall system automatically dials 112, Europe's single emergency number when a car has a serious accident and sends its location to the nearest emergency service.

This action is expected to halve emergency response times, reduce severity of injuries and save lives of people who do not know or cannot say where they are.

For now, the deployment of eCall by public authorities, car companies and mobile phone operators is voluntary. So far the system is not operational in any EU country.

The Commission warns, in a policy document adopted this week, that if no significant progress is made in rolling out the system by the end of 2009 it could propose regulatory measures to make this life-saving technology available all over Europe as soon as possible.

In 2008, more than 1.2 million accidents on Europe's roads

caused around 39,000 deaths and more than 1.7 million injuries.

"Too many people are still dying on European roads. Every week I hear about road accidents where eCall could have helped. The time has come for Member States and industry to move from talk to action," said Viviane Reding, EU Commissioner for Information, Telecoms and Media.

"At EU level, thanks in particular to the continued support of the European Parliament, we have done our part of the job: all the relevant core standards for making eCall possible are in place. Europeans should not have to wait any longer for a system that could save their lives just because their governments fail to act. I want to see the first eCall cars on our roads next year: If the eCall roll-out does not accelerate, the Commission stands ready to set out clear rules obliging governments, industry and emergency services to respond."



Secretary of State for Health, Manuel Pizarro, during the delivery of 33 INEM ambulances to fire corps throughout the country on 9th July. (Photo: Lusa / Mário Cruz)

agency services to respond."

The Commission this week also presented a policy document with a strategy for introducing an affordable in-car emergency

call system in all new vehicles across Europe by 2014, starting next year.

Triggered automatically, if the passengers cannot do so, eCall could save up to 2,500 lives per year in the EU when fully deployed and reduce severity of injuries by 10 to 15 percent. The measures proposed by the Commission would ensure that eCall works in all EU countries and in cars of all brands and countries of origin.

Implementing eCall needs the full collaboration of the car and telecoms industries, as well as national administrations in all EU countries who must ensure that their emergency services are equipped to handle eCalls.

Although the technology is ready and common EU-wide standards have been agreed by industry, six EU countries, including the UK, Ireland and France are saying they are still not ready to commit, due to cost re-

lated concerns.

Preparing phone networks and emergency services for the roll out of eCall in cars across Europe has the full support of the European Parliament and 15 EU countries who have signed the eCall Memorandum of Understanding (Austria, Cyprus, Czech Republic, Estonia, Finland, Germany, Greece, Italy, Lithuania, Portugal, Slovakia, Slovenia, Spain, the Netherlands and Sweden) and three other European countries (Iceland, Norway and Switzerland).

Another six countries (Belgium, Bulgaria, Hungary, Luxembourg, Romania and Poland) sup-

port eCall and are willing to sign the agreement in due time.

Road accidents cost the EU economy more than €160 billion a year. Equipping all cars in the EU with the eCall system could save €26 billion annually while the system is estimated to cost less than €100 per car.

Introducing this device will not only benefit consumers, but also businesses by enabling the car and telecoms industries to offer new upgraded applications and services (like digital tachographs or electronic tolls) based on eCall to be installed in all vehicles and use satellite positioning technology.

## Four Portuguese die in Northern Ireland car crash

On Sunday August 23rd an horrific car crash that occurred near Newry, County Down (Northern Ireland) claimed the lives of four Portuguese nationals and injured one other, who were touring the country in a rented vehicle for a weekend break.

The tragic incident occurred when the rent-a-car collided with a lorry, whose driver while escaping unhurt is said to be in shock.

Irish newspaper the Belfast Times said the accident happened at around 17h and the car had been leased in Dublin. The five Portuguese citizens were

later confirmed as being Ireland-based employees of national company, Martifer. They are believed to have been travelling to Northern Ireland during a weekend off work to visit family and friends.

The fifth individual involved in the incident is being kept under observation at the Belfast Trust hospital, thought to be in a

coma, in a critical condition.

In a statement, the Martifer Group said it feels "deeply sorry about this accident and has offered its condolences and sympathy to the families involved".

A police enquiry has been launched and is still looking for witnesses.

**Boatshedalgarve.com**

INTERNATIONAL YACHT BROKERS

**Looking for a lifestyle change?**

Contact us about becoming an agent...



T: +351 289 502 419  
M: +351 914 738 251  
boats@boatshedalgarve.com  
www.boatshedalgarve.com

**M & J's Food Store**  
Visit us in Old Town, Albufeira or order now online

Right next to the bus station  
Telephone: 289592318 or 936563472  
Open from Monday to Saturday from 10:00am 'til late  
Sunday from 11:30am 'til 5:00pm  
Or shop online at [www.mjfoodstore.com](http://www.mjfoodstore.com)

**The greatest range of U.K. products in the area**

**With over 150 different lines of frozen products and 1,400 non-frozen**

And don't forget... We deliver throughout the Algarve

**A DIFFERENT SPECIAL DEAL EVERY DAY**

Tune in to Kiss FM on 95.8 & 101.2 for "Kiss Klassix Lunchtime" with Marc Damon ~ Weekdays Noon - 3:00 and Solid Gold on Sundays ~ 1:00 - 3:00



**MONTE'S**  
Family Dining - Coffee Lounge  
Separate children's menu

Located at Boavista Golf Resort, Lagos

**Lunchtime Special 2 Courses €7.50**



AVAILABLE FOR WEDDINGS AND PARTIES WITH NO VENUE COST.

Open Tuesday - Saturday for lunch and dinner.  
Closed all day Monday

Every Sunday 12.00 noon - 5.00 p.m. Traditional Sunday Roast €10.50 and children €5.50 with free glass of rosé wine on arrival

Every Friday eat as much as you can buffet for €10.00 and children €5.00 from 7.00 p.m. - 10.00 p.m.

Every Wednesday eat as much as you can BBQ for €10.00 and children €5.00 from 12.00 - 3.00 p.m.

**Book Now to Avoid Disappointment.**

Telephone: 282 764 382 Website: [www.montesrestaurantlagos.com](http://www.montesrestaurantlagos.com)





Join the thousands  
who've slashed  
their  
phone bills  
only €24.99 a month\*

Mobile phone

Desktop phone

# UNLIMITED FREE national & international CALLS

PART OF  
THE PORTUGAL  
**News  
GROUP**  
Established 1977

Terms &  
Conditions  
apply

Tel: 707 500 600 today  
[www.worldtelecom.pt](http://www.worldtelecom.pt)

ONE  
fone  
HOME



\*Free calls are to fixed lines in: Portugal, UK, Germany, Holland, Ireland, Austria, Spain, Belgium, France, USA (incl. USA mobiles) and Canada. Prices do not include IVA. The Home Plan offer is for domestic use only and subject to a "fair usage" policy. The Business Plan includes 500 free minutes. You can keep your home phone number and then cancel your PT line rental (there is a small one-time charge to transfer your number). The desktop phone costs €60 + IVA to purchase, and the mobile costs €85 plus IVA. We also offer fully mobile internet. Terms and conditions apply.



# Space observation helps to speed up fight against forest fires



The European Union, year after year, is being hit by forest fires. This puts European citizens at risk, causes tremendous costs economically and to nature and wildlife.

In a bid to reduce the wide-spread effects of forest fires, 55 partners, with the support of the European Commission, have joined forces in a project for rapid mapping of areas at risk via satellite (SAFER project).

This joint project is part of the Global Monitoring for Environment and Security (GMES) programme, by one of two independent European space capacities.

This fire surveillance via satellite provides for accurate mapping within six hours, to assist fire

fighters and other emergency and civil protection services on the ground in their rescue operations, speeding up the fight against forest fires.

The gathering of such information would otherwise have to happen manually, be more time consuming and difficult. The SAFER-project has already proved to be useful in the fight against forest fires around Marseilles and the Mediterranean islands of Corsica and Sardinia. SAFER is one of the first tangible results of GMES.



Firemen fight a fire which broke out in the Nelas region on 22 August. (Photo: Lusa / Nuno André Ferreira)

## Danish troops training in Alentejo

Ninety eight Danish soldiers have been training at the Alentejo air base BA11, in Beja, since the beginning of August to test mobile radar systems and carry out operational training which requires a hot, dry climate, it has been revealed.

Members of Denmark's Mobile Air Control Centre have been training in Beja since August 4<sup>th</sup> as temperatures in their homeland are currently around 18 degrees, at best.

Colonel Rafael Martins, Commander of BA11, explained the importance of this exercise for the airbase as well as for the Portuguese Air Force as "this way it is possible to validate the knowledge and interoperability of the

military personnel involved".

Lieutenant-Colonel M. Kranker, Commander of the Danish Mobile Air Control Centre, said he also considered this mission to have been a success thanks to what has been learned on both sides.

The Danish troops left Portugal on Saturday, August 22nd, after three weeks of training in one of the hottest locations in Portugal, at the hottest time of year.

## Father shoots son dead whilst hunting



A father accidentally shot dead his 16-year-old son, an only child, while the pair were out shooting turtle doves at the Montalvo hunting reserve, in Constância.

The tragedy took place last Sunday morning 20 minutes from the Madeira family's home in the village of Fojo, Rossio ao Sul do Tejo, when a poorly-calculated shot from the father killed the teenager.

A local Constância fire-brigade commander who assisted at the scene explained "The man was

following the dove's flight with his weapon and shot too low, fatally hitting the boy in the head".

Marco Madeira, an only child, was already dead when he was transported to the Abrantes Hospital.

A hospital source said the family arrived amidst "screams of anger and desperation" and

needed psychological assistance "for some time".

After being heard by the Constância GNR the father was released without being charged. His shot gun was seized.

A local Fojo villagers said "It was a tragic accident that involved and destroyed a quiet family".

The boy's father, who works

in the cork industry and is said to be in his forties, was described as a "very reserved man who didn't enjoy drinking".

António Jesus, head of the Abrantes municipal fire brigade, confirmed that during the hunting season "every year there are accidents, though not always as tragic as this one".

## Luxury Yacht Charter

Enjoy the opulence of our luxury Sunseeker Portofino 53 motor yacht.

maximum of 8 people



Included in all of our charters are Champagne, wine, beer, soft drinks and snacks

For reservations please call  
913 669 029

www.justcharters.com • info@justcharters.com

Departing daily from Vilamoura Marina

## Need a motoring solution?



Avoid a fine with your non Portuguese registered vehicle?  
Stuck with a UK car in Portugal?  
Sell your British plated car

Derby Trade Cars.

- Buy your car in Portugal for export back to the UK. (Cars up to 4 years old only)
- Suppliers of new or nearly new vehicles for import into Portugal.
- Left hand or right hand drive vehicles available
- Specialists in vehicle sourcing; any make, model, colour from our massive fleet network

- Vehicle Leasing, contract hire available.
- Direct purchase
- 6 month buy back policy avoid the fine



Derby Trade Cars  
www.derbytrade-cars.co.uk

International Vehicle Solution Specialists  
(Vehicle Import and Export)

FOR MORE INFORMATION CONTACT CLIVE OR SIMON  
info@derbytrade-cars.co.uk Portugal - 00351 916 676 768  
UK- 0044 1332 344 192, Mobsles- 0044 779 103 7961, 0044 779 104 7880

Derby Sports & Prestige  
www.derbysportsandprestige.co.uk

Derby Vehicle Leasing  
www.derbyvehicleleasing.co.uk

Derby Motor Homes  
www.derbymotorhomes.co.uk



# The only remaining vestige of the first post-inquisition Jewish presence in Portugal



Replica of a gravestone dated 1315AD found in Faro.



The *Cemitério dos Judeus*, as the locals know it, served the returnee Jewish Community of Faro from 1838 to 1932. Of the 106 graves, 76 are of marble, beautifully inscribed in Hebrew.

Their ancestors fled the inquisition and this generation was invited back from Morocco and Gibraltar, to help rebuild the Portuguese economy after the devastating 1755 earthquake. They were 60 families, leaders in business and society and they settled in Faro. Due to the children, and then the parents, moving to Lisbon and other parts of the world the community became defunct in the early 1940's. José Ruah looked after the Cemetery but, with his passing, it effectively became abandoned in about 1946.

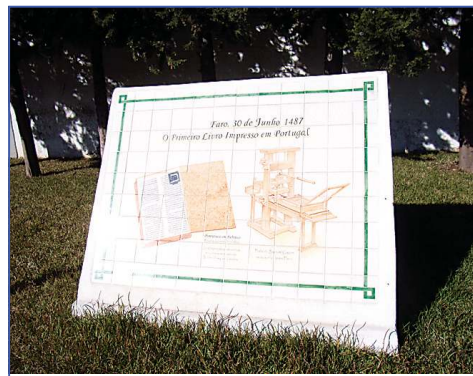
Isaac Bitton, whose grandparents were from Faro, established a Fund in the USA in 1986 and this enabled the restoration of this important Jewish heritage site in 1992. The restored Cemetery has been open to the public since the 2<sup>nd</sup> half of 1992. Thousands of tourist and locals, Jews and non-Jews alike have since visited.

At first, a small museum was established in the *Tahara* House and eighteen cypress trees were planted in honour of Portuguese Humanitarian Aristides da Sousa Mendes. In 2007, a timber house was erected to house the beautiful original 1820 timber furniture from the Rua Castilho Synagogue (demolished in 1960). A Jewish wed-

ding is depicted with dressed mannequins; the Callah (bride), the Chasan (groom), the Rabbi, 4 young pole holders and a hand painted Chupa (wedding canopy) - all with an actual recorded wedding ceremony playing. The atmosphere is electric.

On the front lawn are two recent monuments, one to the first ever printing in Portugal (the Pentateuch in Hebrew by Samuel Gacon in Faro in 1489); another holds a replica of the 1314 gravestone of Josef de Tomar found in a nearby military fortification. The 18 cypresses at the front wall, now 8 metres tall, signify life, (Hebrew uses letters to express numbers and 18 spells 'life'), which is what Mendes's deeds granted to thousands escaping WW II Germany. Dr Mário Soares, then President of Portugal, planted the 18<sup>th</sup> tree.

December 1991, also saw the first celebration of the Festival of Lights in Portimão, effectively rekindling the flame of Judaism in the Algarve. A Jewish New Year Dinner will be held in Portimão in September. For more details please contact: Ralf Pinto (+351) 282 416 710 or fax 282 416 515. Email: Ralf.Pinto@sapo.pt, or see website: [www.farojewishheritagecentre.org](http://www.farojewishheritagecentre.org).



Site of the first book press in Portugal dated 1487AD.

## Brawl breaks out in Praia da Rocha

Five or six individuals started a fight on Praia da Rocha's main street on Monday morning, close to the bars in the area. One of the individuals was arrested as he kept an illegal weapon in his car.

According to Portimão's PSP, the confusion started at around 5am, with several Intervention Police (CI), who were patrolling the area, having to intervene. Realising officers were coming, the youths immediately attempted to escape, but three of them were caught after a short chase. The officers proceeded to ask for identification, with one individual not having any on him at the time, explaining that his ID was in his vehicle.

On arrival, an officer immediately spotted a personal pro-

tection gas canister, considered an illegal weapon in Portugal, on the car seat. An arrest warrant was issued to the 21 year old from Silves and his gas canister was seized.

Violence has been a common occurrence in Praia da Rocha this month. On 18<sup>th</sup> August, CI officers detained four individuals who beat up a couple and, nine days earlier, they arrested two suspects for robbery and assault. On 6<sup>th</sup> August, five youths were identified after robbing and beating up another person.

**Come Fly With me**  
AeroAlgarve providing scenic flights for 29 years

- Banner Towing
- Weddings
- Birthdays
- Aircraft Rentals

Based at Alvor Aerodrome • Open 7 days 10am til late  
Civil Aviation licensed and fully insured • For more info call  
Ken 964954279 • [www.aeroalgarve.com](http://www.aeroalgarve.com)

**PART OF THE PORTUGAL News GROUP**  
Established 1977

## Lost in a foreign land?

If you can't make contact because you don't know the number, DQ can help

we can find your number in one minute  
Mon- Fri 09:30 - 18:00  
Calls cost 60c  
from: fixed phones • call boxes  
mobiles and mobiles on roaming  
National & International  
Business & Private

**directory enquiries**  
**760 50 60 70**

**Don't miss a visit to the FARO JEWISH HERITAGE CENTRE Synagogue Museum**

The only remaining vestige of the 1st post inquisition Jewish Presence in Portugal

Open Weekdays 9h30 - 12h30 & 14h00 - 17h00

Tel: FJHC: 289 829 525 • Sr. António (Guide): 925 071 509  
Ralf: 968 440 414 • email: [Ralf.Pinto@sapo.pt](mailto:Ralf.Pinto@sapo.pt)  
[www.farojewishheritagecentre.org/](http://www.farojewishheritagecentre.org/)

**PICNIC IN THE PARK 2009**  
September 6<sup>th</sup> at 6pm  
**Poço Barreto**  
Bring along all you need for a picnic

**Grand Raffle**  
**Great Prizes**  
**Live music**  
**BBQ's available**

**TICKETS: €5**  
**Children under 12 FREE**

All proceeds from the event and raffle will be donated to Castelo de Sonhos

For more information and directions  
Contact: 282 332 665 - 282 445 902

## Change of the British Consulate's opening hours

Please note that from 1 September 2009, opening hours to the public will be as follows: Monday to Friday from 9:30am until 2:30pm. (Closed on weekends and Bank holidays).

Thereafter telephone enquiries are accepted only until 4:30pm.

The 24-hour emergency telephone number will remain unchanged: +351 282 490 750

**ALGOZ**  
British Grocery • Supermarket  
**PAY LESS FOR MORE**

## LET THE MAGIC IN

**DIANA IS BACK!**

We believe we have the largest range of British products with the lowest prices.

**Over 12,000 products in stock**  
**All imported from the UK**

**OPEN 7 DAYS**  
Mon - Fri 10am-7pm • Sat 10am-5pm • Suns & hols 10am-2pm  
Tel 282 575 061 Fax 282 574 416  
Email: [weborder@letthemagicin.com](mailto:weborder@letthemagicin.com)  
Main street, near the Post Office with own car park



# Loulé hosts Algarve's biggest 'chill out'



The biggest 'chill out' event in the Algarve, and Portugal, is returning to Loulé once again this Saturday, 29<sup>th</sup> August. The 'Noite Branca' (White Night) has been held in Loulé since 2007, growing from strength to strength each year.

The 'Noite Branca' is already considered the biggest 'chill out' event of the country, transforming Loulé into a giant stage of entertainment, relaxation and culture, where visitors have the leading role as they are encouraged to wear white clothing, bringing harmony to the inland city.

Over 150 artists will bring entertainment and music to Loulé's streets, together with fashion shows, painting exhibits, new

circus acts and plastic art. Visitors will also be able to watch shows created exclusively for the event, with many surprises in store.

Usually unused places become stages for unforgettable performances, such as balconies, the castle wall or even the air, as some artists will be performing suspended this year.

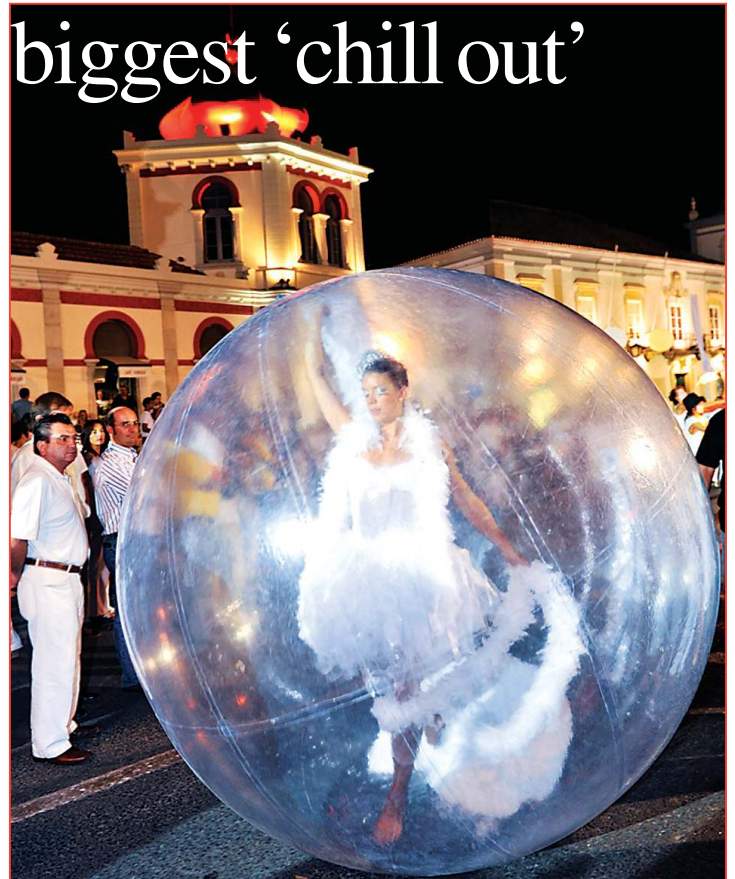
The city's main avenue will be turned into a massive lounge once again, bigger and better this time around, giving people the opportunity to relax under the open sky.

The 'Noite Branca' is an ini-

tiative that is supported by the Algarve programme and Centroloulé, and will have three main entertainment programmes: the Fashion Show, Joana Vasconcelos on the piano and the Moonlighters. Some of the best national and international DJ's will guarantee the festivities continue until the early hours of the morning.

In 2007, the event's first year, over 17,000 people attended the 'Noite Branca 2007', with over 20,000 the following year.

For more information on the 'Noite Branca 2009', please visit [www.noitebranca.com](http://www.noitebranca.com).



'Noite Branca' to be hosted again this year on 29 August. (Photo CM-Loulé)

## Contraband cigarettes seized at Faro Airport

A total of 77,000 illegal Marlboro, Winston, L&M and Camel cigarettes, worth €12,320, were seized at Faro Airport last Saturday, stated Customs officials this week.

The Customs General Board released a press statement on Tuesday informing of the arrest of three individuals and the apprehension of "3,850 packs of Marlboro, Winston, L&M and Camel" on Saturday. The tobacco was being transported in three Lithuanian passengers' personal luggage, flying in from Kiev, Ukraine.

According to the Customs General Board, on June 6<sup>th</sup> a total of 20,800 cigarettes were also seized at the same Airport, worth over €3,500. On this occasion the tobacco also originated from Kiev.

## GNR officers mown down on Algarve motorway



Two GNR officers were injured on Tuesday afternoon after a truck rammed into their vehicle while they were giving a car that had broken down assistance in the emergency lane of the A22 motorway, near the Albufeira exit.

Traffic was held up for hours on the A22 motorway on Tuesday after a truck rammed into a stationary GNR vehicle, with its emergency lights flashing, on the side of the A22 motorway. Both officers were aiding a lady, whose car had broken down, when their car was hit by the truck. They were both injured as the patrol car was rammed into them, causing serious injuries to one, breaking his pelvis and wrist, and light injuries to the other, suffering a cut eyebrow and leg, as well as a suspected broken leg. Both were taken to the Barlavento Hospital for treatment.

The truck driver, who works for a log transportation company, said his vehicle suffered a puncture, veered into the stationary car, and only came to a halt after crashing through the metal safety barriers.

The driver was immediately breathalysed and results showed he was more than double the legal alcohol limit, with his initial test indicating a 1.2 g/l of alcohol/blood level. He was then taken to the Barlavento Hospital for a drug test as well.

Both GNR officers were patrolling the A2 Sul motorway, which connects the Algarve to Lisbon, and were turning around at the Albufeira turn off to head back north when they came across the lady with a broken down Opel Corsa. This car was also damaged in the accident, although the lady only suffered minor injuries.

The accident occurred at around 15h30 in the Faro/Portimão direction and traffic was stopped for a couple of hours, forming a queue that extended over seven kilometres.

## 'Loja do Cidadão' inaugurated in Tavira

Tavira's new 'Loja do Cidadão' (Citizens' Store) will be inaugurated on Monday 31<sup>st</sup>, at midday, in the presence of the Minister for the Presidency, Pedro Silva Pereira.

Macário Correia, Tavira's Mayor, spoke of the importance of the new building: "This development will simplify administrative proceedings and make several services easier, such as Finances, Notary, Council and Civil Registry services", adding that both the Minister for the Presidency and the State Secretary for Administrative Modernization will

be present at the inauguration.

Tavira's 'Loja do Cidadão' will be opening in the 'Tavira Gran Plaza' shopping centre, which was inaugurated in June this year, and represents a €230,000 investment. The 500 square metre Citizens' Store is the second, second-generation Citizens' Store of the region.

The Faro 'Loja do Cidadão' was the first one in the Algarve, costing €3 million to build.

There are currently Citizens' Stores in ten councils throughout the country, in Aveiro, Borba, Braga, Coimbra, Lisbon (two stores), Odivelas, Oporto, Setúbal, Viséu, Faro and on Monday Tavira will also be joining the list. The Government intends to open a further thirty of these stores across the country, two of which will be in the Algarve (Portimão and Tavira).

BRITISH FOOD AT LOW PRICES

## UK FOOD SUPPLIES

**This Weeks Specials**

20	Back Bacon x 400g	€42.50-IVA
4	Back Bacon x 2.27kg	€42.50-IVA
18	Gammon Steak 2 x 227g	€52.50-IVA

Over 80 Herbs and Spices in Store

Call us on 910 256 569 or 282 098 497

Lagos

[www.UkFoodSupplies.com](http://www.UkFoodSupplies.com)

direct High quality clothing

**gardeur**

One of the largest selections of **gardeur** ladies clothing in Europe, at unbeatable prices.

**SUMMER SALE NOW ON - 50% off everything**

**BIRKENSTOCK** shoes for men and women

Monday - Friday: 10am - 6pm  
Saturdays: 10am - 2pm

Rua Direita, Praia da Luz (parking available behind the Store on Rua do Ramalhete) Call 282 788 630 or [www.gardeurdirect.com](http://www.gardeurdirect.com)

UK Imported products – now in centre of Santa Barbara de Nexe

Tonic Water €1.99

Est. 1950 Supermarket Rossio

Toilet Tissue €3.90

Founded in 1950, our third generation, family business, continues to thrive in Santa Barbara.

Due to popular demand, we are now importing direct from UK. Our aim is to continually expand our product base – not our prices – according to our Clients' needs.

**So come and visit us!**

Also a range of European Products in stock

Open 7 days a week  
Mon-Fri 8am-9pm Sat 8am-6pm Sun 9am-12 midday

Opposite the Church

English & European Newspapers





Fire fighters battle the forest fire that began in Casal da Carregueira, in Belas, Sintra Council, on August 21st. (Photo: Miguel A. Lopes/LUSA)

## Fire devastates Belas



A fire broke out in Belas, at Casal da Carregueira, at around midday last Friday, progressing into a burning inferno which required the intervention of 450 fire-fighters to control it.

The fire began near the Belas Golf Course, near the fourth hole, at around midday on Friday. Strong winds allowed the fire to progress rapidly, making the fire-fighters' task of putting the fire out extremely difficult, according to Elísio Oliveira, Commander of Civil Protection. With many houses in the area at risk, such as the ones near the EN250 road, all fire fighting means possible were put into action to control the fire, which included two Canadair planes, two helicopters, 147 vehicles, 450 fire-fighters and 28 elements from a GNR command.

By six o'clock in the afternoon, Elísio Oliveira classified the fire as under control. "This signifies that we have fire control means spread around the perimeter of the fire so that, if it reignites, it can be put out immediately" explained the Commander, adding "We have lots of work in the following hours, but we believe the complicated phase has ended."

Fernando Seara, Sintra Mayor, and Dalila Araújo, Civil Governor of Lisbon, were at the fire's command post throughout to stay updated with the situation as it ravaged through the forests.

## Taxis aid police

Three men robbed a taxi driver, in Pontinha, Loures, this week, with two of them being arrested shortly after due to efforts from fellow taxi drivers, who tracked down the assailants in order to help the PSP.

According to the PSP, three youths entered a taxi in Damaia, Amadora, at around 2 am on Monday morning, asking for transportation to Pontinha. On reaching their destination, one of the youths, who was sitting directly behind the taxi driver, pulled out a knife and threatened the driver, and disabled the taxi's radio system. After unsuccessfully attempting to rob the vehicle, the criminals ran

away with €90. The driver immediately called the PSP and his colleagues, providing a description of the individuals. "Soon after, a fellow taxi driver identified one of the suspects in Amadora and handed him to the PSP. The arrest of the first individual allowed the PSP to detain another one of the criminals two hours later. One of the detained criminals confessed to threatening the taxi driver with a weapon, although the knife was not found, nor was the money recovered, as it is thought the third assailant, who was not caught, had it in his possession.

## Police arrest thieves

Five men were arrested last week after holding up a pharmacy at gunpoint in Azinhaga dos Bezouros, Pontinha. An officer and one of the assailants were injured during the police chase that ensued.

The robbery took place at 19h30 on Friday night, when the five suspects walked into the pharmacy, with a shotgun and a handgun in hand and wearing hoods to conceal their identity, stealing an undisclosed amount of cash. The suspects escaped in a stolen vehicle, which was identified by a Lisbon PSP

patrol car passing by, initiating a high speed pursuit. The assailants were intercepted and arrested in Benfica.

One of the criminals and a police officer were injured during the ordeal, as the stolen vehicle crashed into the PSP's car, revealed the Sub-Commissioner of Lisbon's Metropolitan Command.

## Street magic returns to Lisbon



Fifteen magicians will be turning Lisbon into a 'magical' kingdom this weekend in the last days of the fourth 'Street Magic World Festival'.

Having started on Tuesday, the World Street Magic Festival gathers magicians from Portugal, Canada, Spain, England, Germany, Holland, France and the USA to challenge visitors' imaginations with incredible performances. Over 176 acts have been created for people of all ages to appreciate. Among the artists will be Mário Daniel, a young Portuguese prodigy, Ramana, a Dutch levitation specialist and Enric Magoo, an internationally awarded magician who carries out over 200 performances a year.

There will be nine separate stages, spread throughout the City (Chiado, Camões, São Domingos and 1º Dezembro squares; Augusta and Garrett streets; Figueira and S. Carlos theatre and Rossio).

The 'Lisboa Mágica - Street Magic World Festival' is organized by Lisbon Council and Luis de Matos is the creative director.

This weekend, the final two days of the festival, performances begin at 10am and end at 10pm (Saturday) and 7pm (Sunday).

All shows are free of charge.

## Sport generates revenue for Estoril



All the sporting events that take place on an annual basis in Estoril, such as Cascais Vela, horseriding events, golf and more, generate €27 million for the Estoril Council, according to Turismo do Estoril.

According to the chairman of Turismo do Estoril, Duarte Nobre Guedes, all the annual events that take place in the council attract around 80,000 sleepovers to the council, generated from around 25,000 guests, which in turn represent a revenue of €27 million for the Cascais Town Hall.

Speaking of the Cascais Vela event, which is currently taking place until September 4th, "sailing is an important product associated with the Estoril coast" said Duarte Nobre Guedes, adding that more importance should be

given to the sport nationwide, due to the ideal weather conditions of the country, as well as the fact that Estoril can provide a lot in a small area. Referring to sailing, golf and horse riding, the Chairman of Turismo do Estoril also stated many "investments have been made, specifically in arenas, in events, seeking to build first grade structures." "In the 10th Cascais Vela event, organized by Cascais Naval Club, four international regattas are being held in the GP42, ORC, Laser SB3 and Dragão classes.

## Alone in China

I've just returned from the most exciting six weeks of my life. I taught conversational English in Wuhan, China through the Teach for Friendship Foundation ([www.teachforfriendshipfoundation.org](http://www.teachforfriendshipfoundation.org)). The first Chinese I saw were six masked, hooded and white coated officials who entered the airplane minutes after we landed in Shanghai. They carried electrical instruments to take our temperatures, swiping our foreheads with red infrared rays. Fifteen minutes later, after we all passed (my Program Director had advised us to take an aspirin two hours before landing, just in case), the airplane doors opened, and I was alone in China.

All of my attempts to learn Chinese before I left, failed. I enrolled in an internet based course with an excellent teacher ([www.languageirect.com](http://www.languageirect.com)), but internet learning has never worked for me. Then I went to a local language school, but the teacher was a Chinese dancer, nice enough, with no teaching skills. Body language served me well when I got there, except

when I needed a bathroom in a large Wuhan department store and had to call Jane, my Chinese teacher on campus. I then passed the phone to the sales girl who smiled when she finally understood what I wanted, walked me to the W.C. door like a parent guiding a small child, and even waited for me to finish! (Most bathrooms in China are Asian style, so strengthen your leg muscles before travelling there.)

While I never learned the language, and managed only 50% of the time with chopsticks, I did connect well with my students. All forty were engineering, pre-med, and science majors at Huazhong University of Science and Technology, the fourth best college in China. The students ranged from 18-21 years, were smart, industrious and poor English speakers, although they understood, read and wrote at generally high levels. Unlike in Portugal where TV and films are not dubbed, there everything is. Students learn English in school from native teachers who speak garbled English. Plus, the students have little incentive to speak as their examination to enter University (the feared GaoKao) has

no English speaking component. "I am Ana," a petite, black haired young woman, about my size, said on the first day of class. She was sitting in front of my teacher's desk equipped with a computer, microphone and high-tech internet connection console. She saw me struggling with the attendance list with the same names in Chinese characters, Pinyin and English. I wasn't sure what to call the students, but she gave me the clue with "Ana." So on I went with Emma, Eva, Jason, Joseph and down the alphabet of names some teacher had arbitrarily given them when they started learning English.

I wasn't in China to change anything. I'd decided never to mention politics. I did once and was reprimanded by email that evening my austere Teaching Assistant for my inquiry about the troubles in Urumshi. Still, I wanted to ask: "Do you like your English names? And 'Would you change them if you didn't?'" But I stayed away from any more invasive subject matter.

The summer consisted of six hours a day of teaching in over 40° heat (in air conditioned classrooms, though students lived in



Westheimer

dormitories with no air conditioning) and 95% humidity. After three weeks, I left the students feeling sad and wanting to stay longer, even teach there for the school year. Maybe they felt the same. On our final classroom day I received notes from each student. Sally's said, "I appreciate the time with you so much! You're energetic and I think you must have a rich life experience. Hope much happy find their way to you." Joseph's: "Hey there Pat! I wish you'll be happy everyday. Don't forget us. I love America! I love Portugal!" And Jane's, "I have a wonderful time with you. I'll miss it. Thank you for teaching me so much. Love you forever."

Follow my blog on: [patwesty.wordpress.com](http://patwesty.wordpress.com)

ENGLISH DENTAL SURGEON

**Dr. Francis Haley**

B.D.S.

(Guy's Hospital, University of London)

Av. 25 Abril, 184 - 1°C 2750 - 511 Cascais

Tel: 21 486 3012

<http://clinic.cdahaley.pt>



## ABC's big breakthrough



With the help of five volunteers, many hours' hard work and lots of patience, Ray Crompton (photo, centre), owner of the Algarve Book Cellar in Carvoeiro, has now got the shop of his dreams. Having recently knocked through to the neighbouring premises, after several years of coveting them, his massive stock of second hand and brand new foreign books are now all neatly arranged in alphabetical order and category on lovely blue shelves.

The expansion has more than doubled the size of the original shop at now measures some 200 square metres, plenty of space for the 75,000-plus books that were filling the original premises at an alarming rate, kept in mounds that very nearly reached the ceiling. In fact now there is enough space that the shop has been divided into sections, including a 'crime' section, (almost the entirety of the original shop is dedicated to this category); a children's section, a 'chick-lit' section, and a 'third-language' section, which is packed with a growing stock of books in languages including German, French and Danish.

For those who want to 'test-drive' their books, a comfortable seating area with two cushy sofas and lots of

light has been set aside.

Ray is delighted with his shop, and, despite dedicating seven years of his life to the business, which he established in June 2002 and like any other has had its up and downs, is now "more passionate than ever" about literature!

Since its founding ABC has become a point of reference amongst foreigners in Carvoeiro, a meeting place, somewhere to enjoy a good chat and discuss the latest bestsellers and literary classic with the highly knowledgeable Ray. Clients now come purposely from all over Portugal, with Ray regularly sending books to residents from as far away as Oporto.

As one of the region's first 'English bookshops' ABC is now quite possibly one of the largest of its genre in Portugal, something more of a 'little library' than a shop. And as for his dream, now it has been achieved there is just one more ambition on Ray's list: "I just want to put a few signs in the window", he says.

Ray and his wife would like to thank all those who have shown their support over the years, and special thanks to Paul and Rosemary, Mel, Rita and Jack, "who have been a wonderful help in setting up the new shop and without whom we couldn't have done it".

## Neil & Emily Richardson Removals



Moving home is often seen as a terrifying ordeal, reason why Neil & Emily make their best efforts to ensure a client is left at ease with Neil & Emily Richardson Removals' efficient and friendly service.

Having been in the Algarve for just over five years now, Neil and Emily make moving home a doddle by providing an efficient service, accompanied by their friendly approach, which always leaves their clients at ease.

As members of the British-Portuguese Chamber of Commerce, Neil & Emily Removals is a fully registered company, having all the legal requirements to carry out international, national or local removals, with several services that include packaging, removals and storage. Working hand in hand with British based companies, Neil & Emily have storage facilities in both the UK and Portugal, providing extremely competitive door-to-door rates and also carrying out trips from the UK to Portugal and back on a weekly basis. The sizes of the items are not an issue for the articulated truck.

As clients are usually unsure of the volume of their 'cargo', Neil & Emily Richardson Removals provide a free of charge assessment of the mate-

rial that needs moving and guarantee that the items will be at their destination within a week. If you need a hand dismantling furniture this will be done with pleasure, and any furniture that they dismount, Neil and Emily will make sure it is again properly assembled at its destination.

With Neil's 24 years of experience in the removals business, and Emily's BAR (British Removals Association) qualifications in professional packaging, items will never reach their destination broken or damaged. Their effective, reliable and friendly service has recently earned them the BA Overseas Property Services award.

With Emily working in the office, and Neil and Nico taking care of the removals, stress is never an issue for clients as they establish a bond with the company and are always happy to use them again. Word of mouth has aided them reach the point they are currently at, with their articulated truck full 90% of the times. There are no language barriers, as the couple and their team speak English, Portuguese and Spanish amongst others, and to finish off, they provide a full inventory of any transaction, as well as a door-to-door service with a smile.

## ICOA Clinic, perfecting smiles since 1987



From this...



...to this.

Located in Tower 2 of Lisbon's Amoreiras, the ICOA Clinic (Implants, Surgery and Orthodontist of Amoreiras) has, since 1987, been providing leading services in medical dentistry, reconciling the most modern technology with a high quality of technique expected by the most discerning customer.

Their mission is to offer patients the best solutions for oral health, in a consistent manner, resolving present situations and preventing future situations, strengthening the commitment of the entire team in being helpful to society.

The clinic is made up a team of a team of professionals that help take care of your smile and intervene in various areas of oral health, like dentistry, endodontics, periodontology, oral hygiene, removable and fixed prosthodontics, and odontopediatrics.

During a first consultation a diag-

nostic is made based on x-rays.

For each individual patient a treatment plan is drawn up with an intervention proposal as well as the calculated fee.

Following this the patient will have full access to the treatment plan and the number of sessions foreseen.

The clinic is renowned for three key elements, its focus on the patient, the promoting of good professional practice, and the compliance with professional deontologist laws.

Its clinical director, who is currently fully dedicating his career to implants and fixed rehabilitation, has vast experience in the different areas of dental medicine which is the result of a long and constant learning process in various national and international courses.

What ICOA aims to do is look after your mouth so you can face life with a smile.

## JST – tired of paperwork?

Created exclusively to give support to people with bureaucratic issues, JST is a company that offers clients an easy alternative to hellish situations, which so many migrants, and residents, have to endure. Set up to deal with documentation issues and provide secretarial services and support to homeowners, JST has now entered new areas that will be of interest to many people.

Realising the difficulties people go through when moving to Portugal, well known for its red tape policies, Julia Tattersall felt she could be of great use to them, easing the documentation process, breaking down language barriers and saving people a lot of time and hassle. She found there was a niche market for her business as few dare to delve into bureaucratic matters, especially when they are not their own!

JST can help people with paperwork in the following areas: Local and Municipal councils, property registration, driving licenses, vehicle registration, local and national finance departments, assistance with residency applications, or any other documentation work which is in need of processing.

Julia has recently entered in new areas, providing support to homeowners by establishing a connection with builders, easing the process of hiring for people from abroad. She also provides fiscal representation, saving the client money as it is usually

done with lawyers, as well as giving proof of life for pensioners claiming from the UK. With new laws demanding fossa and borehole registrations, JST is also available for this.

Working only in the Eastern Algarve, Júlia says "I will do whatever I can until the client is needed to be there in person for signing documentation; until then I will take matters into my own hands and treat each case as if it were my own."

Júlia does her best to provide an excellent customer service, constantly keeping up to date with any recent law changes, which happen extremely often, and broadening her range of services. JST also rent out homes in the area as a little business on the side.

So far, Julia has had very positive feedback from clients since opening, as it is them who have suggested JST to friends to deal with touchy subjects.

### THIS WEEK'S PROFILES



## Algarve Book Cellar

For more information, contact the ABC on: (+351) 282 354 310, or visit the shop on the road into Carvoeiro, among the first row of shops on the left-hand side. It is open from Tuesday - Friday, 09h30 - 17h00 and Saturday from 09h30 - 14h00.



## ICOA Clinic

For more information contact: 213853867 or email: infoaesthetic@sapo.pt.



## Neil & Emily Richardson Removals

For more information, please call Neil & Emily Richardson Removals anytime, seven days a week, on: 939 486 807 or 281 963 191, email neilandem@sapo.pt, or visit their website www.ne-internationalremovals.com.



## JST

JST are located in the Moagem Building, in Vila Nova de Cacela. For more information please contact 281 951 108 or 962 831 105; or email jst.doc@sapo.pt.

If you would like us to profile YOUR business, call our Sales Manager on 707 500 677

## Doces Pecados/Sweet Sins

Opened in Almancil, on the Avenida 5 de Outubro, nº. 137, the shop of all Sins: one shop which combines regional/typical products, from the Algarve, with the best chocolate of the world, the Belgian chocolate.

Come to visit us! We are waiting for you, with the best sweet!

Please call 289 398 233 or email info@docespecados-algarve.com







Two ladies from Estoi Casa do Povo (from left to right) Manuela Lopes Alves and Maria Odette Sousa with Rotarian Claire Larson.

## Saturday Bike Rides

Saturday, 29th August bike ride starts at Paderne.

### Fundraising exhibition

Buy a child's painting and make a difference at the Municipal art gallery, central square, Albufeira. 4th until 28th September.

There are 20 paintings on show by the children of Pirlampos which are for sale to raise funds of which 100% goes to the Pirlampos childrens home.

Also exhibited are paintings by David Haines and Armada Déca of which 15% of all sales will also go to the childrens home, donations of money and essentials like tooth paste, soap, shampoo, rice etc., will be gratefully accepted.

Please help as much as possible.

Starting Point: Paderne. In the car park at the bottom of the hill. Meet here at 09.45am for a 10am start. Please call if you need clarification of the directions.

Paul will be at bikeland from 9-9.15am and can take some people and/or bikes from there if required. If you need bike hire or transport, then please contact in advance so that this can be arranged.

Ride details: This weeks ride is around 35km and is mainly on dirt track roads with some quiet tarmac roads also. The route is mostly flat, but there are a few moderate hills, but nothing too challenging.

We pass through some beautiful quiet countryside and cycle amongst the orange groves and end up close to Paderne castle. An interesting and varied ride and one definitely not to be missed, I am sure that you will enjoy this ride. There will be at least one cafe stop somewhere along the

way, but bring plenty of water and also sun protection. Bring plenty of water and also sun protection.

Paul looks forward to seeing you on Saturday The cost is €5 per person (no joining fee). For more information, contact Paul Beesley on: 289 360 001 or 913 226 954, email: paul.beesley@sapo.pt, www.activityalgarve.com. Starting Point



### East Algarve Walks

Every Tuesday & Friday mornings.

For more information: 913 595 868. brian@moonlightservices.eu www.moonlightservices.eu

## Quiz night for a good cause

Rotary Club Estoi Palace International is continuing its important programme of purchasing and delivering milk to the Casa do Povo in Estoi to supplement the small quantities which were previously distributed to the poorer families in the district.

There are now more than 50 families who benefit from receiving a food pack each month from the Casa do Povo to improve their inadequate diet, and the increased supply of milk particularly helps the children. The Rotary Club Estoi Palace is currently providing in excess of 500 litres of milk per month.

Funds are urgently required to enable the Rotary Club to continue to provide this much needed support so they are organizing various events in the coming months. The first will be a Quiz night at the Hotel A Colina Ludo in Almancil on Wednesday 16th September at 7.30 pm.

Everyone is welcome and the

organisers are happy to arrange teams for those keen to take part. The quiz evening and three course dinner will be €20. For further information and to book places please contact Shirley on 936933799 e-mail: shirley@rotaryestoiapalace.org or Claire on 916787925 e-mail: claire@rotaryestoiapalace.org

The club would also appreciate offers of assistance and donations of raffle prizes. Sponsorship is also available to organisations.

## September Alfa invites

First mandolin concert together with the prestigious Portimão Adágio choir at the Municipal Auditorium, Lagoa on 2 September at 9pm.

For the first time, the Mandoline orchestra from Amendingen in the south of Germany will appear together with the prestigious Adágio choir from Portimão.

This is a grand opportunity for those who would like to treat your neighbours, friends, employees to something that needs no language. Atruly wonderful musical experience.

Drinks will be served by Catrin George.

Tickets €6 if you purchase your ticket in advance or €8 if purchased on the night.

Phone Barbara on 917 602 607 to reserve your tickets

An enlightening talk on 'Sustainable Tourism' by Jack Soifer on Monday 7th of September at 7.30pm sharp at the Convento São José, Lagoa.

Jack will be covering a subject that should concern everybody living in the Algarve.

Jack was born in Rio de Janeiro. He reached Sweden in 1959, after a degree in operational electric engineering. He graduated in business administration and education in Stockholm. Later he updated studies in informatics, trading, media management and in economic analysis. He worked with professional training at Kockums and TBV, in Sweden.

He has worked for UNESCO, IDB, WB and Consulting Co.s in Cape Verde, Philippines, Tanzania, Angola, Portugal, China, USA, UK. In Brazil, has been CEO for Sweduc Brasil,

advising 295 enterprises & analysing another 80 in 32 sectors. Was a Grad-professor in Education in Rio and has published 32 papers and books in 4 languages. He writes weekly about Innovation and Exports in OJE, a daily business-paper in Lisbon & Porto, on Sustainable Development and Tourism in Barlevento; he is editor of Skål-Algarve, a newsletter of an Association for Professionals of Tourism.

Snacks and drinks will be served by Liz Allen. Entry: €5 (ALFA-members €4)

Find out more about ALFA at: www.alfacultura.com or call Barbara Fellgiebel Tel. 917 602 607

## Portuguese history talks

### Afonso de Albuquerque

Talk by Peter Booker. Monday 7 September 7pm at ASCA, Instituição Particular de Solidariedade Social, Rua do Centro Comunitário, Almancil

Just as towns in Portugal invariably feature twentieth century Sacadura Cabral and Gago Coutinho in their street names, so they usually feature Afonso de Albuquerque from the sixteenth century. Peter will talk about who this man was and why it was his destiny to be commemorated for over five centuries. The tiny Atlantic kingdom of Portugal conquered the immense continent of Asia in the first decades of the sixteenth century when England was more concerned with divorces and dissolutions. Albuquerque laid the foundations of the longest lasting European empire in Asia - the Portuguese had an empire in Asia for 451 years, even longer than they were in Morocco.

More information tel: 281971567 or email: lynne.booker@iol.pt

FREE PICKUPS from Carvoeiro & Ferragudo call 282 358 502 to book

## Vale de Milho Golf

Ideal for short game practise!  
Ideal for family golf!  
Ideal for beginners!



Vale de Milho - A 9 hole, par 3 golf course, was designed by the Ryder Cup player Dave Thomas, to provide a real challenge throughout it's 926 meters for all standards of players. Facilities include a lounge bar, restaurant, a well stocked shop, snooker room and golf school.

"Best designed (Algarve par 3) layout" - Greg Turner. "Top Holiday Golf Course" - Top 10 Algarve, Dorling Kindersley.

TWILIGHT	PROMOTION	SPECIAL PROMOTION (JUNE-OCTOBER)	BREAKFAST OR LUNCH
€25 - With Clubs - €40	9 Holes - €20	9 Holes - €20	9 Holes - €26.50
June to August after 3:30pm	18 Holes - €30	18 Holes - €38	18 Holes - €38
September to October after 2:30pm	With Clubs - 9 Holes - €32.50	With Clubs - 9 Holes - €40.50	18 Holes - €57.50
	18 Holes - €47.50		

\*\*\* Subject to availability. No service at weekends.

**GREEN FEES**  
9 Holes Green Fee €24.00  
9 Holes Green Fee Junior €16.50  
18 Holes Green Fee €37.00  
18 Holes Green Fee Junior €25.50

TO FIND US FOLLOW THE SIGNS FROM LAGOA OR CARVOEIRO  
GPS Location: N37.09663° W8.44837°  
Tel. 282 358 502 - Fax 282 358 497  
Telm. 919 816 560  
E-mails: valedemilhogolf@mail.telepac.pt  
Web site: valedemilhogolf.com

15%  
DISCOUNT ON  
GREEN FEES  
WITH THIS  
VOUCHER



KISS FM presents in association with PDM travel

A fantastic opportunity to visit Morocco.

Amazing value for money. Non profit making trip - a donation to Project Madrugada with every seat sold.

Thursday 1st to Sunday 4th October

### Itinerary

1st day - Algarve to Algeiras

Stop for lunch in Cadiz on the way. Overnight in Hotel Algeiras B&B

2nd day - Ferry to Ceuta.

A local guide will accompany group the entire trip. Tour of Ceuta with time for shopping. On to Tetouan and typical lunch and guided tour.

On to Tangiers for dinner and Hotel Intercontinental 4\*

3rd day - After breakfast guided tour of Tangiers.

Typical lunch. Afternoon free or an additional tour of Arzila and Chefchaouen if preferred

Dinner & Overnight in Hotel Intercontinental 4\*

4th day - After breakfast, take the 10:00hr ferry to Algeiras and onto Gibraltar for lunch and a couple of hours shopping before journey back to Algarve

Costs €295 per person

Single supplement €40 per person  
Please register your interest tel: 282 78 20 78 asap  
In association with KISS FM and PDM Travel

Pestana  
GOLF & RESORTS  
ALGARVE



### Summer Special

2 Players + Buggy

95€

June, July & August

### Twilight Green Fee

Gramacho: 26€  
Vale da Pinta: 31€  
Alto Golf: 28€

Contacts: Tel. 282 340 900 - info@pestanagolf.com  
www.pestanagolf.com



**Crushed soya bean crostini with pan seared mackerel**

(Serves 2)

180g x frozen Soya beans  
2 fillets of fresh mackerel  
2 thick cut slices of baguette  
1 small diced onion  
6 leaves of mint  
1 clove of chopped garlic  
20g unsalted butter  
Half a lemon  
1½tbsp vegetable oil

Blanch the frozen soya beans in salted boiling water for two minutes and drain and set aside.

Saute the chopped onion and garlic in a non-stick pan with a splash of oil and cook out for 2 minutes.

Put in a food processor and add the blanched soya beans, a knob of butter and



the mint leaves and pulse until a chunky mix is achieved.

Brush the bread slices with vegetable oil and grill until golden.

Next, cook the mackerel fillets and add some more oil and any remaining butter and lay fillets in pan, skin side down.

Cook for two minutes, turn and cook for another two minutes. Finish with a squeeze of lemon juice. To arrange, put the bread on two plates, season to taste the crushed soya bean mix and spread on top of the bread.

Finish with the mackerel fillets presented skin side up and add a wedge of lemon to serve.

# Frozen in time

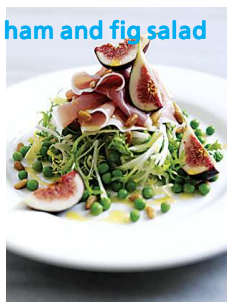
**Pea, pine nut, parma ham and fig salad**

(Serves 2)

150g Petit Pois (defrosted)  
6 slices of Parma ham  
2 ripe figs  
1 head of frisée lettuce  
30g toasted pine nuts  
½tsp Dijon mustard  
½tsp clear honey  
1tsp white wine vinegar  
3tbsp olive oil

Whisk together the mustard, honey, vinegar and olive oil to make the dressing and set aside.

Next, take the pine nuts, put on a metal tray and toast under a hot grill for around a minute until golden, and set aside. To prepare the lettuce, pick the



white heart from the lettuce and wash in cold water and leave to drain in colander.

Sprinkle over peas, then twist Parma ham slices and lay on top. Dress picked salad with some of the dressing and arrange pile in the middle of both plates.

Sprinkle over toasted pine nuts and drizzle any remaining dressing over and around and place the quartered figs on top of the salad.



Chef, James Tanner

**Cracks in the frozen food myth according to James:**

- There is no time limit on how long food can be safely frozen. As long as it is kept frozen at -18C or below and remains properly frozen, it will not become unsafe.
- Food bought ready frozen keeps its taste and texture better, and for much longer, than food frozen at home. This is because it was frozen quickly and deeply, when the food was at its freshest.
- The optimum freezer temperature for preserving food quality is -18C or below. This is cold enough to ensure food stays properly frozen and avoids ice crystals forming, which can reduce food quality.
- Fresh food can be frozen at any point up to the use by date and remain safe. If chilled food is approaching its use by date and might not be eaten, move it from the fridge to the freezer so that it doesn't end up in the bin. When defrosted, use it within 24 hours.

**Chicken grills with penne pasta and five vegetable sauce**

(Serves 2)

2 frozen chicken pieces  
200g dried penne pasta  
50g diced carrots  
50g diced courgettes  
50g diced onions  
50g celery  
200g tomato passata  
1tbsp Sunflower oil  
6 leaves of basil  
20g grated cheddar cheese

**Note:** Courgettes, carrots and onions could be frozen or fresh.

Take the chicken from the packaging, put on baking tray and cook as guided from pack.

Next, in a hot large frying pan add a little sunflower oil and carefully add the chopped onions and carrots.



Cook for 1-2 minutes and then add the celery and diced courgettes. Cook for a further 2-3 minutes and add the tomato passata. Cook for a further 5 minutes.

Cook the pasta in boiling water for 10-12 minutes, drain and mix into the tomato and vegetables. Tear up basil and mix in. Serve in a bowl - place the chicken on top and spoon around any remaining sauce. Sprinkle with grated cheddar cheese and serve.

New research has shown that more than half households are throwing away good food simply because they are not using their freezer properly. Sarah O'Meara dispels the myths around frozen food.

Across the channel our esteemed gastronomic French neighbours think nothing of the odd trip to frozen food chain, Chez Picard. But the British, are a little less proud about trips to Iceland.

Never mind that frozen food is an efficient and cost-effective means of feeding ourselves, and the fact that we throw away over 6.7 million tonnes of food each year, many still find it hard to admit that tonight's dinner comes courtesy of Captain Bird's Eye.

Still, attitudes are definitely changing. So is it time to knock our frozen food snobbery on the head, and tackle our hidden fears about freezers?

A third of those interviewed recently by Bird's Eye said they

had "no idea" what was in their freezer, despite it being full.

A further 39% confessed to throwing away food simply because they couldn't remember how long they'd had it and 16% admitted to throwing away food straight from the freezer, simply to make room for newly bought produce.

According to chef James Tanner, many people also underestimate the length of time frozen food can safely be stored.

They throw it away because they're worried it's not safe, he explains.

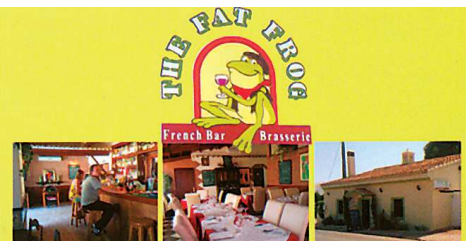
"Half of the people asked thought that frozen chicken and fish became unsafe after just three months, when in fact they can stay safe for years, as long as they remain frozen."

## Restaurant Briefs

**The Fat Frog**, situated in Vale Formoso in Almancil. Serving traditional French food for lunch or dinner. The bar is open from noon until late. Enjoy sitting on their outdoor terrace or inside watching Sky sports on their 50" plasma screen. Closed on Sunday.

**The Battering Plaine** in Almancil (just next door to the Post Office) is the place

to go for English Fish & Chips as we know and love them! As well as offering traditional cod and chips they also have Haddock, Scampi, Doner Kebabs, Pies, Sausages and much more. You can eat in the restaurant or order a takeaway, and there is a delivery service to Almancil, Quinta do Lago and Vale do Lobo areas as well.

**TRADITIONAL FRENCH FOOD**

Large Beer  
€2

2 course lunch - €10  
2 course dinner - €20

House Wine  
€2

Bar open from noon until late  
Outdoor terrace  
Closed Sunday

50" Plasma Screen in Bar with Sky Sports

Tel: 289 393 301

Vale Formoso Nº 24, 8135-035 Almancil

Freshly picked Organic

Strawberries

Raspberries

seriously sweet Sweetcorn

Available June-October



The Organic Farm Shop  
Lagoa

Open: Wednesday, Friday & Saturday, 9.00-13.00hrs Tel: 282 341 388



Plus

Hand tied bouquets.  
full range of delicious veg  
sweet cherry toms, little gem  
lettuce etc.

Organic Beauty products  
Weleda Lavera



**THE  
BATTERING  
PLAINE**

Traditional British Fish and Chips  
Restaurant-Takeaway-Delivery  
service  
Next to the Post Office, Almancil

**EXCELLENT VALUE FOR MONEY**

Using only the finest quality cod, haddock, wholetail scampi, English sausages, homemade 6oz pure beef burgers, chicken burgers, pies and much more. Handcut chips, freshly prepared beer batter & homemade mushy peas.

OPEN: MONDAY - SATURDAY

6.00pm - 11.00pm

SUNDAY

6.00PM - 10.00PM

Last orders for restaurant and delivery  
30 minutes prior to above closing times

Telephone - 963 731 736



The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be no more than 300 words, to The Portugal News, Apartado 13, 8401-901 Lagoa. E-mail address: letters@the-news.net

### Internet coverage

SIR, Your article about Internet Coverage in your 15th August edition was a little misleading, as it referred to 'availability' when I think it should have read 'ownership'.

I live in Graciosa, the second smallest island in the Azores, and according to the article internet is 'available' to only 41% of the Azorean population. In actual fact, internet is available here to everyone on the island who is fit enough to visit either the library or the RIAC office in Santa Cruz, or their parish hall. All these places have computers for use by anyone, free of charge, so there is no need to purchase a computer for home use unless a person requires access to the internet 24 hours a day or uses one for business purposes.

Since moving here from Greece, I have been amazed at the wide spread use of computers by the Health Service, Social Security, various offices and shops. And our school children now have Magalhães computers. In my opinion, the Azores are more up to date with technology than many other countries in the EU.

ANN PEACHEY-HARRIS,  
Bye-mail

### Algarve tragedy

SIR, Albufeira council should be held responsible for the deaths of the family that died when the soil gave way and they were buried alive and perished. I worked for a construction company and you never leave overhangs like that around where people go.

During the winter, the Council should have had road workers slope the ground so that this could not happen. It is only common sense. Just putting up signs that say danger does not stop people from going there and since this was a public beach, with lifeguards, this should never have happened.

Maybe now they will inspect these areas and slope the ground so that there are no more overhangs that could kill people, but of course that is like shutting the barn door after the horse has got out. Why are these councils so stupid?

We have a problem here in Monte Estoril, where an old hotel has been torn down and the rubble is just lying there.

This building was built when asbestos was used. The weather is dry, the wind is blowing and the asbestos dust is flying everywhere. We called the Cascais council about it and they said they would take care of it. Asbestos is a big hazard and should have been handled in a different way. They have not covered it up or removed [it] and there has been no rain to hold down the dust. My asthma has flared up, my wife has a chronic cough and the Cascais people do not do anything about it, so you can see that no one cares about what happens to the people that live here or go to the Algarve for a vacation. We are just numbers that they can get taxes from to line their own pockets and

if you get killed by falling dirt or die from asbestos, that's just too bad.

It is time for the people to start complaining about how these councils are run and the councils should listen to the people.

JEAN DANIEL, Cascais

### Iberian Federation

SIR, Regarding the letter 'Re. Iberian Federation', Saramago does write in his book 'Journey to Portugal' that he is a patriot (he identifies himself as the traveller - "O viajante é patriota"). I do not know if the author of the letter understands Portuguese. Anyway, I will transcribe what is written in the book: "... Diz aqui o meu

### Getting the wind up

Please, please Mr Weatherman  
Tell us, tell us, if you can  
Why it is when every day begins  
We suffer these very strong winds?

Over the past 12 months I'd say  
We've hardly had a normal day  
On memory, it never, ever, used to be  
T'was then one looked at a nice calm sea

Is it because of the dreaded CO2?  
The wind turns like a corkscrew?  
If so, one day, I can foresee  
T'will suck us up, yes you and me!

Or is it the spearhead of an 'army'?  
From a quake or perhaps tsunami?  
Please Mr Weatherman, don't stand and stare  
Tell us now so we can prepare!

RICHARD THURMAN, Armação de Pera

papel que a fronteira está por marcar. Marquemo-la com Oliveira da nossa banda". ('Viagem a Portugal' - Edição ilustrada da Editorial Caminho - Setembro de 1996 - page 223).

FILIPA DE CAMPOS, Belas

### Muslims

SIR, Nearly three years ago I wrote about the relentless spread of the Islamic faith throughout the

EU, especially in the UK. The stated aim of the Muslims, then and now, is the conversion of Europe (and eventually the world) into a strict, Islamic theocracy. A task made much easier by the current liberal immigration policies which have enabled radical Muslims to infiltrate most EU countries practically unhindered. These fundamentalists have already made it clear that they are bound only by their own laws. Unfortunate residents, barred from making any adverse comment for fear of offending sensitive Muslims in their midst, have to watch demonstrators march (often with a protective police escort) waving placards that openly demand the murder of individuals who have offended Islam.

Since then radical Muslim leaders have realised that a fertility rate of 8.1 per couple in Muslim countries is over four times that of Western countries which are currently between 1.8 in UK and 1.1 in Spain! The sheer fecundity of their women (see web link below) means they only have to sit back for a couple of generations to be in the majority and a bloodless takeover can be achieved legally via the ballot box and how can anyone who believes in Democracy argue against that?

An occasional suicide bombing like the recent one in Baghdad, that often kills and injures many of their own supporters, is enough to keep the world in a state of the jitters and the Afghans are currently conducting an increasingly successful guerrilla war, especially against UK troops. The British public's reaction to the increasing number of dead and wounded will eventually force their withdrawal. The stumbling block at the moment is how to do this and still claim it as a victory.

RON LAVERY, By e-mail

## Bank secrecy eased

In a week that the President unexpectedly vetoed relaxing legislation regulating common law marriages in Portugal, Cavaco Silva sprang a minor surprise by enacting a law which will see tax officials given considerably more powers in investigating taxpayers they believe have evaded paying their dues to the State.

In effect, the onus of proof has now been inverted, with the taxpayer needing to provide evidence of compliance with tax laws whenever a cloud of suspicion arises over financial history or when apparent signs of wealth emerge which are deemed incompatible with declared earnings.

The taxman has been handed additional weaponry in hunting tax evaders and fraudsters following the easing of bank secrecy laws.

This comes after the President this week promulgated controversial new legislation which allows tax fraud investigators to access bank accounts with greater ease.

While parties on the left have criticised the law for not going far enough, parties on the right say the new rules contravene the presumption of innocence principle, shifting the onus of proof from the State onto the taxpayer.

The mere failure to hand in a tax declaration will now empower the taxman to delve into the financial history of a tar-

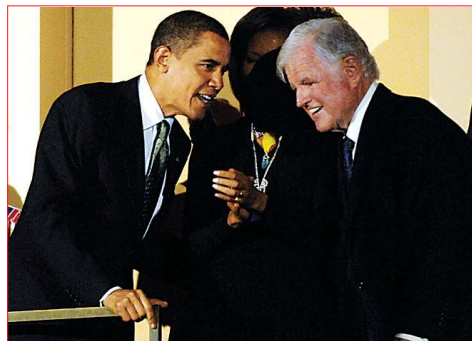
geted taxpayer.

In addition, taxpayers who have "unjustifiable" assets whose value amount to more than €100,000 will be subjected to a flat tax rate of 60 percent.

According to the legislation, which many observers expected President Cavaco Silva to veto over constitutional concerns, transferring cash from Portuguese banks to offshore accounts will trigger an alert.

The law, which is considerably more open to a wider interpretation than previous restrictive legislation, states that tax officials will be allowed access to Portuguese bank accounts when there are indications of a lack of truth in declarations, when a tax declaration has not been submitted or when there are indications of the existence of unjustified increases in wealth.

The law is set to be published during the course of September in the Government Gazette upon which it will enter into force.



Barack and Michelle Obama with Senator Ted Kennedy at a musical tribute to celebrate Kennedy's birthday in March this year. (Phot: Lusa/EPA/Chris Usher).

## Portugal lauds the late Ted Kennedy



US Senator Ted Kennedy, who has died after battling brain cancer for months, gave his "stubborn" support to sometimes unfashionable causes of peace and justice in places like East Timor and Northern Ireland, Portugal's No. 2 diplomat said this week.

João Gomes Cravinho, Portugal's state secretary for foreign affairs, told the Lusa News Agency that Kennedy's determined backing for justice extended to South Africa, where coordinated world pressure ended Pretoria's apartheid regime.

Kennedy, 77, retained strong links to Portugal, both through his championing of Timor's independence and a wide range of

campaigns to increase African influence on the world stage, added Gomes Cravinho. The Massachusetts senator also represented a large Portuguese community in the US state, he noted.

Portugal's second-highest ranked diplomat paid tribute too to Kennedy's achievements in the US Senate in the areas of education and health, which "has made its mark on all America."

TPN/Lusa

## Portuguese for Beginners

Emília Rosendo

# 151

THIS LESSON:  
The prepositions "a",  
"de", "por", "em".

④ Complete the sentences which follow with the prepositions "a", "de", "por" or "em" in their correct form:

1. A empresa teve que indemnizar os seus clientes \_\_\_\_ vários danos causados.
2. Nós vamos colocar estes vasos \_\_\_\_ varanda \_\_\_\_ sala.
3. Eles compraram o carro \_\_\_\_ preço mais baixo \_\_\_\_ mercado.
4. Este jornal distingue-se \_\_\_\_ rigor, \_\_\_\_ isenção e \_\_\_\_ veracidade \_\_\_\_ informação que transmite \_\_\_\_ seus leitores.
5. A Maria perguntou \_\_\_\_ João \_\_\_\_ irmãos dele.
6. Nós não optámos \_\_\_\_ férias \_\_\_\_ Estados Unidos mas sim \_\_\_\_ cruzeiro \_\_\_\_ Mar Negro.
7. Vocês habitam \_\_\_\_ cidade ou \_\_\_\_ campo?
8. O empregado errou \_\_\_\_ nossas contas! Ele cobrou-nos duas vezes mais \_\_\_\_ bebidas, \_\_\_\_ entradas e também \_\_\_\_ gelados.
9. O jogador saiu \_\_\_\_ sala sem responder \_\_\_\_ pergunta mais inconveniente \_\_\_\_ jornalistas.
10. Eles sempre participaram \_\_\_\_ coro \_\_\_\_ igreja.

11. \_\_\_\_ cinco e meia \_\_\_\_ tarde muitas pessoas começam a sair \_\_\_\_ empresas, \_\_\_\_ escritórios ou \_\_\_\_ lojas onde trabalham. Normalmente, vão buscar os seus filhos \_\_\_\_ escolas ou \_\_\_\_ infantários e depois vão fazer compras \_\_\_\_ supermercados ou \_\_\_\_ centros comerciais.
12. Vais pôr este tapete \_\_\_\_ chão \_\_\_\_ sala ou \_\_\_\_ corredor?
13. Nós gostamos de comprar fruta, legumes e peixe \_\_\_\_ mercado municipal.
14. O vosso comboio chega \_\_\_\_ meio-dia ou \_\_\_\_ meia-noite?
15. Já reparaste \_\_\_\_ novo penteado \_\_\_\_ António?
16. Eles substituíram o velho espelho \_\_\_\_ sala \_\_\_\_ quadro que estava \_\_\_\_ escritório \_\_\_\_ avô.
17. \_\_\_\_ Verão, \_\_\_\_ entardecer, eu gosto muito de observar o céu.
18. Onde é que vocês puseram as frigideiras e as panelas? \_\_\_\_ armários \_\_\_\_ cozinha ou \_\_\_\_ prateleiras \_\_\_\_ despensa?
19. Nós estávamos \_\_\_\_ cinema a ver um filme quando ele nos mandou uma mensagem.
20. Nós não apagámos a luz \_\_\_\_ casa de banho.

Please send your completed exercises with a STAMPED, SELF-ADDRESSED ENVELOPE, to me:

Emília Rosendo at The Portugal News and I will return them corrected.

The Portugal News • Apartado 13 • 8401-901 Lagoa



# PROPERTY

A weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 29 Aug 2009

## PROPERTY OF THE WEEK

### Live life in luxury in Vilamoura



Located within the Lake Resort premises, this T2 apartment overlooking Vilamoura marina is a truly amazing pad, perfectly complemented with all the amenities that come along with its purchase.

The Lake Resort, in the heart of Vilamoura, is a resort that includes a five star hotel, with 192 rooms, and 95 luxury apartments. The resort has its own private lake, is adjacent to the Falésia beach, has amazing sport facilities, a gym, a spa, a library, four ethnic restaurants, a tea-room, three outdoor pools (one of which with a natural sand bottom and another that is heated), and much more. All apartment owners have the right to make use of all the hotel's facilities, with free access to the gym, spa, pools and lake, as well as free usage of all the

equipments, such as kayaks and bicycles. Apartment owners are also entitled to a ten percent discount in all the resort's restaurants and treatments at the spa.

This particular apartment has an outstanding view of the Vilamoura marina, with direct access to it. No corners have been cut during the conception of the apartments, with only the best appliances and materials used, giving a modern yet homely feel to them.

As one walks in, on the first left is a guest bathroom, which is tiled throughout with lovely

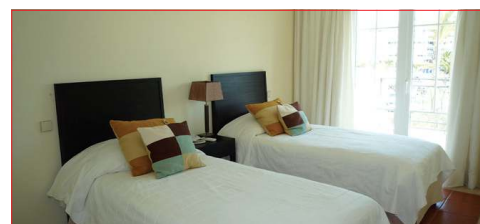
marble stone. It is fitted with a walk in shower and top of the range ceramics and fixtures. To the second left is a guest bedroom, with twin beds and sliding doors. This room is of good size and comes with built-in wardrobes, which makes better use of the space offered. Between the guest bathroom and bedroom is a storage cupboard.

The lounge/dining room is very spacious and is laid out in an open plan with the kitchenette, with two large sliding doors leading to a massive balcony. It has a plasma TV, a large sofa set, a classy wooden dining table for six and again, top of the range appliances in the kitchenette, which is equipped with a dishwasher plus all the necessary appliances.

At the far end of the apartment is the en-suite master bedroom, which boasts a super king size bed and is decorated with taste. The en-suite bathroom has a bath.

The apartment's strongpoint is its wooden decking balcony, which stretches along the whole length of the property. It has views onto Vilamoura marina and is perfect for those sunbathing afternoons on the sun lounges as sun shines on the area most of the day.

For more information on this luxurious property, priced at €750,000, please speak to Soraia Santos, from Re/Max Vilamoura, on 962 014 793, email [ssantos@remax.pt](mailto:ssantos@remax.pt) or alternatively visit [www.remax.pt/ssantos](http://www.remax.pt/ssantos).



**DANECASA**  
Constructive solutions for modern living

Today's Solution For Tomorrow's Living



We have the experience • We have the choice • We have the complete solution

Come and see for yourself at our showhouse alongside the eastern entrance to Algarve Shopping on the EN125 at Guia.  
Or call: 289 571 270 | [www.danecasa.com](http://www.danecasa.com) | [info@danecasa.com](mailto:info@danecasa.com) | FREE Brochure

**DANECASA**  
Constructive solutions for modern living



**A STEEL FRAME HOME**  
from DaneCasa is your Complete Solution!

Using the latest technology in STEEL, DaneCasa create homes that offer major advantages over traditional brick and concrete construction - Less time to build, lower cost, superior thermal and damp insulation qualities plus many other benefits, which provides comfortable living conditions all year round and also energy saving benefits







**Elly van Hulst**

The fastest real estate agent in the Algarve

(former World Record Holder 3.000mts running '89-'01)

www.property-runner.com

Tel. +351 289 842 992

between Loulé and S. Br-s

AMI 6392



**Santa Catarina**

- Lovely traditional cottage
- Beautiful country views
- 3 bedrooms 1 bathroom
- Terrace & portable pool
- Additional old buildings
- Cottage 98m² plot 7.600m²

Ref. C1117 - **Quick Sale**  
Price Reduced: € 175.000



**Goldra, Loulé**

- Beautiful hillside villa
- Spectacular coast views
- 3 bedrooms 2 bathrooms
- Gas c/heating, gardens
- Infinity pool 10m x 5m
- Villa 200m² plot 2.200m²

Ref. V590  
Price: € 595.000



**São Brás de Alportel**

- Attractive spacious villa
- High position great views
- 3 bedrooms 2 bathrooms
- Garage, garden, barbecue
- Heated pool 10m x 5m
- Villa 220m² plot 6.000m²

Ref. V833  
Price: € 525.000



**Estói**

- Lovely brand new villa
- Excellent views to coast
- 3 bedrooms 3 bathrooms
- Central heating, garage
- Pool 6m x 4m, terraces
- Villa 180m² plot 450m²

Ref. V890 - **Quick Sale**  
Price: € 299.000



**Santa Bárbara de Nexe**

- Beautiful character villa
- Lovely views to coast
- 4 bedrooms 4 bathrooms
- Under floor c/heating
- Pool, terraces, garden
- Villa 250m² plot 960m²

Ref. V998  
Price Reduced: € 785.000

AMI licence 7673

**algarve manta**  
properties

E-mail:

sarah@algarvemanta.pt

Mobile:

00351 911 041 862

Office phone/fax:

00351 281 952 820

Sales:

www.algarvemantaproperties.com

Rentals:

www.algarvemanta.pt



**Ref: 900 - € 160.000**

**Near Tavira**

2 bedroom apartment w/ 2 bathrooms, central heating, lounge w/ open plan kitchen. Great complex w/ mature gardens, 2 pools & tennis courts, there is a restaurant and bar also. Not far from the shopping centre of Tavira.



**Ref: 886 - € 325.000**

**Near Tavira**

4 bedroom brand new semi detached property in a quiet residential area close to Tavira. Modern equipped kitchen, 3 bathrooms and large roof terrace, good views from roof.



**Ref: 859 - € 220.000**

**Manta Rota**

Completely furnished & equipped 3 bedroom townhouse only 7 mins on foot from beach, air con., sat-TV, central vacuum sys & pre installation of central heating.



**Ref: 848 - € 180.000**

**Castro Marim**

3 bedroom, 3 bathroom house w/ very large equipped kitchen & lounge w/ fireplace, in development close to Castro Marim centre. Generous room sizes and is a good price.



**Ref: 814 - € 160.000**

**Cacela**

Furnished rustic house between Cacela Velha & V. Nova de Cacela. Patio to rear & side, 3 bedrooms w/ skylights, lounge, kitchen open plan & bathroom w/ shower. Close to a cafe, near to main road.

**VILAGENTE**



SOCIEDADE DE MEDIAÇÃO IMOBILIÁRIA, LDA.  
AMI 489

Edifício do Cinema, Loja 3,  
Vilamoura,  
8125-432 Quarteira  
Algarve - Portugal  
Tel: 289 314 486  
Fax: 289 315 578  
vilagente@mail.telepac.pt  
www.vendavilla.com



**São Brás de Alportel**

Old cottage composed of 2 bedrooms, 1 bathroom, lounge and roof terrace. Annexe with kitchen, lounge and storage. Plot area - 900 square metres. Good access.

Ref: C22343

Price: € 195.000



**Vilamoura**

Attractive villa composed of 3 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, storage & carport. Swimming pool and garden. Roof terrace. Furnished. Plot area - 423 sq.m. Construction area - 140 sq.m.

Ref: V12566

Price: € 380.000



**Vilamoura**

Excellent 2 bedroom apartment composed of 2 bathrooms, lounge w/ dining area, equipped kitchen, pantry and spacious terrace. 2 parking spaces in the basement, communal swimming pool and garden. Construction area - 115 sq.m.

Ref: A1331

Price: € 385.000



**Loulé**

Country villa w/ beautiful sea view composed of 4 bedrooms, 4 bathrooms, 2 lounges (1 w/ fireplace), dining room, office, equip. kitchen, storage & spacious terraces. 1 bedroom apart. in annexe. Heated sw. pool, garden. Plot area: 3.600 sq.m, constr. area: 250 sq.m.

Ref: V12630

Price: € 695.000



Professional Estate Agents

Mobile +351 918 541 343  
Philip@AlgarveProperty.com

www.AlgarveProperty.com



**Philip Dias**

consultor imobiliário  
property consultant

Gov. Lic.  
AMI 2196



**VILAMOURA**

**Ref: A82150**

1 bedroom apartment in a closed condominium w/ large green areas, indoor & outdoor sw. pool, gym, kids playing area & tennis court. Near several Golf Courses. 80 sq.m. constr. area. Fully furnished & equipped. A/c. Large balcony w/ panoramic country views. Private parking for 1 car & 1 storage in basement. Excellent letting potential.

Price: € 170.000



**VILAMOURA**

**Ref: A92479**

Luxury 2 bedroom apartment in 1 of most prestigious areas, Club House of Victoria Golf Course, brand new 5-star hotel Tivoli Victoria & small commercial area. Enjoys beautiful gardens, sw. pool & kids playing area. 110 sqm constr. area. All bedrooms w/ en suite bathroom. Finishes of highest quality. Kitchen fully equipped. All rooms have A/c pre install. Private underground parking & storage room.

Price: € 299.000



**ALFEIÇÃO**

**Ref: V92458**

4 bedroom detached villa on very quiet area between Loulé & Boliqueime. Approx. 5 mins driving to Loulé & only 15 mins to Vilamoura and beach. 6.842sqm plot w/ 337sqm constr. area. Refurbished & w/ possibility to choose the kitchen. Large living room w/ fireplace. Solar panels. A/C. Alarm sys. Private garden w/ sw. pool & BBQ area. Private bore hole. Double garage, exterior parking for several cars. Sea & country views.

Price: € 795.000



**S. SEBASTIÃO**

**Ref: L92419**

Investment opportunity!!! Bar/ Restaurant excellently located within a very peaceful and calm area between Loulé & Boliqueime. 1.576 sq.m. plot with approx. 620 sq.m. of constructed area. Fabulous! panoramic sea and country views. Possibility to create a unique concept for the restaurant/bar industry. Negotiable.....

Price: € 800.000

## Outstanding opportunity to buy a dream rural property...



Professionally renovated to a high standard the detached villa sits on plot of 310m² and has 3 double bedrooms with fitted wardrobes. Two fully equipped bathrooms and excellently finished modern kitchen. Under floor heating throughout and log burner in main sitting room. The villa will have a pool with terraces and bbq area & pergola & store  
Price - €195,000.

### - Bonus

1 minute drive away is a dream 1 hectare plot with outline planning for tourist business. The land can accommodate several wooden country cottages, plus caravans & tents. A large fishing lake on the plot offers revenue for fishing enthusiasts. Also bird wildlife is well established in this area and many companies' offers routes to monitor the wildlife. Water and electric are provided and the land is arable to create a self sufficient life style. This plot is offered at - €65,000.

Contact: 919 383 852 or 917 227 087 should interest be sought on both properties a negotiation is available.





# ALGARVE REMOVALS



Weekly removals service to and from the UK, Algarve & Ireland with full packing service & storage facility in the UK & Algarve, from 1 box to part or full load shipments.

- > Transportation of cars, boats & motorbikes
- > Local removals and deliveries within Algarve
- > We guarantee your peace of mind & safety of goods

The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ

UK- Tel: 0044 (0)1245 468888

Mob: 0044 (0)7711 179842

Algarve- Tel: 00351 289 513851

Mob: 00351 969134801

Email: sales@algarveremovals.com

Web: www.algarveremovals.com



Contact Me!



**SORAIA SANTOS**

Tel: +351 962 014 793

email: ssantos@remax.pt

www.remax.pt/ssantos



**5 AWARDS IN 5 YEARS FOR EXCELLENCY IN REAL ESTATE SALES**  
Buying or selling? Contact me Today!



**Loulé:** 2 bedrooms, 2 bathroom apartment, spacious lounge with access to the balcony, fully equipped kitchen. Top quality finishings. Wooden floors, air-con. Parking space.  
Close to the supermarket, schools, horse-riding school, cafes, etc.



**Vilamoura:** 2 bedroom, 2 bathroom ground-floor apartment with private garden. Spacious garden and swimming-pool. Just by the golf-course. Quiet and familiar location. Fully furnished. Garage.  
**FEELS LIKE YOU ARE IN A VILLA!**  
**PRICE: €260,000.**



**Sta. Bárbara de Nexe:** Luxury 3 en suite bedroom townhouse with individual swimming-pool, C/heating and air-con. Garage for 2 cars. Walking distance to the center of Sta. B. Nexe close to all amenities and only 10 minutes drive from the airport.  
**EXCELLENT PRICE! PRICE: €350,000.**



**Vilamoura:** 3 bedroom top-floor luxury apartment. Roof terrace with BBQ and Jacuzzi with open views. Fully equipped kitchen.  
C/heating and air-con.  
Beautiful pool and garden area.  
**GREAT VALUE! FROM: €525,000.**

**DTC**  
INTERIORES

## DTC Interior Design Shop

Designs for your home with a difference!

Interior design and so much more ...



Rua José Ventura Neto Cabrita

Lote 1, Loja A, 8600 LAGOS

Tel.: +351 282 782 311 Fax: +351 282 782 392

Email: dtcinteriores@mail.telepac.pt

## Leaders in decoration in Lagos



### Find us at:

R. José Ventura Neto Cabrita | Lote 1, Loja B | 8600-001 Lagos

| Tel.: 00351 282 782 311 | Fax: 00351 282 782 392 |

| www.ka-international.com | kalagos@mail.telepac.pt |

**Abode**  
furniture



5ft Kingsize solid pine bed frame

5ft kingsize Bonell sprung orthopedic mattress



two bed side tables

**= €499**

including IVA\*

**PLANET SOFA & BEDS**

LIMITED OFFER WHILST STOCKS LAST

\* Terms and conditions apply, IVA included, Full warranty included, Some assembly required, collection only, Delivery is available at an extra charge on this combo deal.

**www.furnishyourabode.com**

UK: 0870 8032 970 PT: 282 762 070

PT showroom in Lagos, near Praia Dona Ana



# From crash pad to flash pad



Colour is back in fashion, with hot, funky shades combining with traditional ones to create a really individual look.

If just the thought of using colour or, even worse, turning your hand to the dreaded DIY makes you turn a whiter shade of pale, then Abigail Ahern's home is definitely not a destination for you.

She's done both things in her house to dazzling effect. Vibrant splashes of pillar box red, fuschia pink and vivid yellow artfully transform furniture and accessories into eye-catching works of art.

Close inspection of neat shelves, skilfully sanded and painted floorboards, and added architectural details like the ornate ceiling roses are proof that Abigail's a dab hand at the practical as well as the punchy.

It's only fair to reveal that she does have a certain amount of 'insider' knowledge as she's a renowned designer, who owns one of the hip interiors retail destinations in London, Atelier

([www.atelierabigailahern.com](http://www.atelierabigailahern.com)) Abigail says with a smile: "I do realise that experimenting with colour and DIY are both just about the scariest things on the planet for most people."

"But turning your home into a fabulously stylish pad is what interior decorating is all about. And you don't have to have an A-list budget or even a personal stylist to live a life of glitz and glamour."

Encouragingly, a lot of her ideas for her own home were inspired by economy because, when she and her photographer husband Graham moved into the four-storey house, they found that the necessary structural alterations soaked up all their budget.

"Luckily, paint and wallpaper are the most transforming things, and you just need to start with a feature wall, or paper an alcove and you realise how incredible the effect is," she says.

"Once you start, you realise

that using colour really isn't rocket science, and DIY is truly perfectly straightforward for simple jobs which make all the difference to your home."

Abigail chose deep grey for walls and floors throughout her home, which is an ideal neutral backdrop for showcasing her imaginative use of pattern and colour, as well as her eclectic collection of paintings sourced from flea markets, and art fairs.

"I love the grey walls because they change colour in the light, sometimes they look dark grey and at others violet," she enthuses.

Her ingenuity is impressive. Her sofas are upholstered with a variety of different fabric samples, and a striking feature - a pillar box red mirror - is a cheap frame that she found in a junk shop.

"I took it to the local Ford car sprayers, who covered it for me. The paint gives a fashionable lac-

quer effect. I have also used the same technique for some of the picture frames."

Even her blue kitchen units are from Ikea - personalised by some nifty work with a drill and MDF sheets - and she gestures proudly to them.

"They show that it's totally possible to couple low-cost ideas with high style. Add some atmospheric lighting, and even the most cramped cooking area can look amazing."

More surprising is her love of playing with scale so that large objects, a sculpture of a monster's foot and a huge Anglepoise lamp, are placed next to a small table or a chair with the positioning seeming to further magnify their size.

"I love putting a huge mirror with a little table underneath, and the odd super-sized piece of furniture in a tiny room," she admits.

"People do think it's surreal and a bit like stepping into a scene from 'Alice In Wonderland.' It really it came about by accident and then I found it just lifts your spirits in a room to see the contrast."

Abigail has decanted her decor wisdom, including money-saving stylist tips and guidance on basic DIY, into a beautifully illustrated new book, *A Girl's Guide To Decorating*.

It could be a boon for recessionistas opting to improve rather than move, and she says persuasively: "What's exciting about interiors right now is that virtually anything goes."

"With a pinch of creativity, an eye for a bargain and few tricks of the trade, you can turn a gloomy, outdated space into a complete Aladdin's cave of gorgeousness."

Follow her top tips and turn your home into a hot property and a cool place to live.

## Taking the plunge

There's no need to despair if your home suffers from sad decor and last-century fixtures, says Abigail.

"Look beyond that and you could find that a few simple revamps would sort it out. By dipping your toe into DIY, you can effortlessly turn bland and boring into snazzy and super-cool."

But, she cautions, it's all in the planning, and before rushing into changes you should decide what you'll use a space for.

"Good design should always be planned around lifestyle, so the

Gabrielle Fagan found creating glamorous, glitzy rooms on the cheap isn't easy, but style guru Abigail Ahern who runs one of the most hip interiors destinations, the store Atelier, reveals her tips and tricks.

decor should suit its function. Also, it's helpful to identify the ugly features of the room you want to hide and those you wish to highlight."

Drawing plans on paper will enable you to experiment with potential layouts, and don't forget to take into account what mood you want to create. Leave major DIY tasks to the professionals.

## Get the wow factor

The most important thing, says Abigail, is to really personalise the space.

"Don't limit yourself to one look, you wouldn't in your clothes, so don't do it in your rooms. Feel free to mix and match styles of furniture and decor in your own unique way, then they'll become a talking point."

**Texture:** "This brings rooms to life, the professionals marry leather with brick, silk with wool, raffia with glass," she says.

"So aim for contrast by perhaps having smooth floors with rough walls, grainy chenille cushions with velvet blankets."

**Zoning:** In multi-purpose rooms she advises using "different rugs for different areas to give each its own personality. A decorative screen, a free-standing bookcase, or perhaps a group of large plants can create divisions in a room."

**Lighting:** Lighting should never be an afterthought, says Abigail.

"Each room needs a combination of three lighting types. So layer lights by mixing and matching a selection of pendant lights, recessed table and floor lights, not to mention a smattering of candles and fairy lights."

**Storage:** This is key, she emphasises: "Glam homes banish clutter behind closed doors, opening up the space and allowing the eye to take in a stunning piece of statement furniture, say, or an invigorating colour scheme."

**Treasures:** Your personality is reflected in your possessions and she points out: "You can spend top whack on sofas, cabinets and up-to-the-minute entertainment systems, but they won't give you half as much satisfaction as the objects that are meaningful to you and you alone, and make you feel happy."

"Display your quirky knick-knacks withchutzpah and you'll

create a home that's like no other."

## Pattern

Decorating with pattern, one of Abigail's trademarks, as well as with colour, is a surefire way of creating a highly individual design.

"Start off by being as adventurous as you can, remembering that rooms can easily take up to six or seven different pattern combinations without looking too crazy," she says.

"Generally speaking, it's good to use a variety of both pattern and scale - a large stripe juxtaposed with say, a small floral pattern."

Alternatively, she advises choosing designs from a similar theme, Chinoiserie or botanical prints, for example, to bring a look together, or with a similar shade in common.

Top tip: Break up pattern by setting it against white woodwork and accessories, or a dark tone on the walls. Alternatively, feature pattern in accent items, like cushions, throws or rugs.

## Stylist tips

Abigail reveals stylist's tips that can be used for an easy and cheap way to give a room a make-over.

1. "A length of fancy wallpaper becomes a work of art when casually hung from a picture rail or cupboard by bulldog clips, or pinned up with drawing pins."

2. A cupboard's easily made bang-up-to-trend with new knobs and handles. Existing handles can be covered in fabric, or exchanged for leather, brass ones, or coloured resin.

3. "Inject new life into tired furniture by giving it a 'rock-n-roll' spray-paint makeover," she suggests. "Unfashionable brown wood furniture, picked up cheaply at second hand shops, and given a coat of paint, maybe a Barbie pink or tomato red, will have an instant modern zing."

4. Create a stunning floor show by painting floors dark and glossy, transforming them from standard to sophisticated. "Painted floors are beautifully reflective, and it's the perfect way to spruce up a staircase," she says. "Also they actually improve with age! Even when beaten up and scuffed with wear and tear, that so-in-vogue soft, weathered patina never goes out of style."

(Caution: An uncovered floor will be noisier than one with sound-absorbing carpet).

# renovate!



We'll get your villa ready for re-sale and add to the asking price


We are the renovation specialists in the Algarve. From the smallest job to a complete makeover, we'll deliver on time and within budget.

For an A-Z of the services we offer and to find out all about us go to [www.opra-pt.com](http://www.opra-pt.com)

## O.P.R.A.

Online Property Renovations Algarve  
Tel 966 521 828 • 938 665 717

## HAVE IT ALL NIGHT LONG!



# S.O.S.

## SKY DIGITAL TELEVISION

All Your Channels  
All Night Long Guaranteed  
The Best Reputation on the Algarve

Chris Whitman  
916 378 722  
[sosskydigital@msn.com](mailto:sosskydigital@msn.com)



## CONSTRUCTION



**Creative interior and exterior make-overs**

**All types of construction & renovations**

(including swimming pools & tennis courts)

## General Home

- Faux ceilings
- Wall & room dividers
- Lighting & ambience
- All types of flooring
- Painting techniques
- Kitchens & bathrooms
- Equipment installation



**General Home Construções Lda**

Portimão • E-mail: ghome@bk.ru  
(Portuguese) 968 398 286 (English) 968 506 093

In partnership with

Real Estate Agents



www.lecicasa.com  
info@gupo-lecicasa.com  
914 856 159 • 282 429 035

## HOME IMPROVEMENTS



**GIANTS WINDOWS LDA**

**Windows and Doors in PVC, Aluminium & Wood**

Glass curtains, conservatories, security entrance doors in wood & PVC, roof skylights, fly screens, roller shutters, aluminium shutters, maintenance products for PVC & wood, any kind of repair service



Rua de Faro, n. 14  
8005-531  
Santa Bárbara de Nexe

911 199 888  
289 998 050  
289 998 279

**Opening times:**  
Monday - Friday  
09.00h - 13.00h & 15.00h - 18.00h  
Saturday  
Closed

email: giantswindows@hotmail.com  
www.giantswindows.com

## MÓVEIS MALHEIRO

**Household & Garden Furniture**



Mon - Fri: 9am - 7pm  
Closed: 1pm - 3pm  
Sat: 9.30am - 1pm  
Urb. do Malheiro  
R. das Acácias, Lote 4  
8500-331 Portimão

Lagos A22 Faro  
Household Furniture Garden Furniture  
Lagos EN25 Lagos  
Portimão

Tel: 282 491 583 Fax: 282 492 249  
moveis.malheiro@mail.telepac.pt  
www.moveismalheiro.com



www.idealivingportugal.com

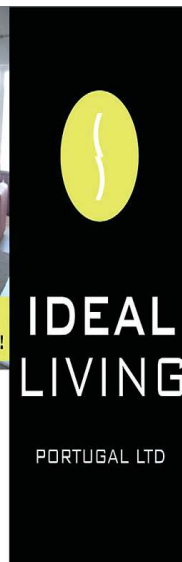


**COMPLETE FURNITURE PACKAGES**  
FROM €4,995 - NO HIDDEN EXTRAS!

VISIT OUR SHOW APARTMENTS IN;

Vista das Ondas Olhos D'Água Vila Ancora Porto de Mos Lagos Quinta das Palmeiras Lagos

Tel: (+351) 289 398 573 Tim: 910 410 410  
Email: news@idealivingportugal.co.uk



ALVARÁ Nº 56504

## Build 4-U-Lda

**Villa Construction & Renovations**  
Over 20 years operating throughout Portugal

Contact Alan McCormick on 919 356 749  
Tel/Fax: 289 394 196  
build-4-u@sapo.pt  
www.build-4-u-lda.com  
Estrada Vale de éguas, nº. 18  
Apartamento 4, 8135-018 Almancil

## Are you an ex Speed Frame client?

**No need to worry about maintenance and service**

We are experienced ex Speed Frame technicians with a wide knowledge of this product.

- Your frames need a brief and inexpensive maintenance every six months to keep them working smoothly
- As Speed Frame is no longer in business in Portugal, service is not available from them, but we can perform most repair and maintenance tasks, and we can obtain many original parts, if needed
- If you need to replace a window or door, we can obtain units of a matching design to keep all your doors and windows in the same style

**PVC Directo**  
We double the glazing - Not the price  
Tel: 916 184 148 i 969 410 952  
pvcdirecto@gmail.com

For maintenance, repairs or new units, call us for quick and efficient service at reasonable prices

## INTERIORS

## Furniture World

Tables, Chairs, Beds, Chests, Wardrobes, Coffee Tables, Bookcases, Sofas, Rugs, etc...etc..



**Solid Wood Furniture**  
All at Realistic Prices

www.furnitureworld.pt

Urb. da Marateca  
Lote 5, Chinicato, Lagos

Lagos Portimão

EN125  
2km from Lagos  
Next to Solmate

Tel: 282 798 263

## B&R Build & Renovate

- Extensions
- Renovations
- New buildings

Working within the English Community more than 10 years

Av. José Costa Mealha Nº131-A, R/C Dto. 8100- 500 Loulé  
Tel. 289 417 867 Mob. 966 570 158 Fax. 289 417 869  
build.renovate@gmail.com

All property pages can be viewed on-line free of charge at **www.the-news.net** where we have around 300,000 hits per week.

To advertise, call our Sales Manager on 707 500 677

**THE PORTUGAL News**  
Established 1977

The 6th largest weekly newspaper in Portugal, in ANY language!

**www.the-news.net**

**THE PORTUGAL News**  
Established 1977

**Bedspreads**  
Factory Outlet

**THE PORTUGUESE LINEN SHOP**

Established 20 years buying from the BEST manufacturers in Portugal

**Stock clearance**  
on poly / cotton sheets  
All sizes available

**NOW IN TWO SHOPS**

**ALVOR:** near old municipal market - 13b Rua do Castelo, Alvor (see online for map)  
Open Mon - Fri - 10.30am - 4pm Tel: 282 457 510

**LAGOA:** Located next to Total Petrol station - Beco Marquês  
Pombal, Loja B, on the EN125  
Open Mon - Fri - 10am - 5pm  
Sat - 10am - 1pm Tel: 282 353 244

Mob: 968 237 310  
www.bedspreadsportugal.com - information@bedspreadsportugal.com



## INTERIORS

**Yorkshire linen Factory Outlet**  
**Bedrooms Extra**  
*The biggest 'British Bed' retailer in the Algarve*

All in stock next day delivery

**3ft mattress from €89** **All British fire reg.**

**Relyon** **Full range**

The Best Beds in the World

All mattresses British made to British standard

Large selection of dining sets	Dura Beds with their great range	Over 100 bedrooms on display All Different
--------------------------------	----------------------------------	--

Fabric 3 piece suites - British Standard / Fire reg. **NOW IN STOCK**

Tel: 282 762 383 | E-mail: sales@bedrooms-extra.com  
 Website: www.bedrooms-extra.com  
 Torre, Odiáxere 8600 - Lagos

*We take your old bed away and give it to charity*

**If you have seen the rest, please come and see the best.**

THE HIGHEST OF QUALITY

**DESIGNER TEXTILES**

Quality fabric for less suppliers of

Curtains and poles Blinds Bed covers Soft furnishings Upholstry Furniture

Tel/Fax: 282 799 610  
 DesignerTextiles@sapo.pt  
 Open Mon - Fri: 10am - 6pm

Loja 11, Parque Commercial do Infante, Torre, Odiáxere, Lagos

## KITCHENS

15 years experience and a total commitment to quality and reliability.

Visit our spacious kitchen studio in Lagoa opposite the Fatacil fairgrounds

**Elite Kitchens**

Iberelite Lda • Parque Empresarial do Algarve, N° 11 • LAGOA  
 Tel: 282 353 664 • Fax 282 343 258  
 Email: iberelite@sapo.pt

## PROPERTY AGENTS

**kasas**

**AlgarveProperty.com**

Tel 00351 289 310 310 - info@algarveproperty.com  
 www.algarveproperty.com

Gov. Lic. AMI 2156

How can we help you today?  
 Professional Estate Agents

## PROPERTY SERVICES

**Poolsafe.eu**

**Is Your pool childsafe for 2009 ?**

Roller covers: Fences - aluminium, steel or frameless glass Gates, Nets. NOW is the time to secure your pool areas. Please call us for a free onsite analysis of your safety requirements. Villas, condos, hotels and developments. We can also fit approved childproof latches to existing gates.

Office: Galé Beach Albufeira, Tel 289 591 662, e-m info@poolsafe.eu

**Portugal Auctions**  
 Pro-Active Property Marketing

**Buying or Selling Property?**

Pro-active Property Marketing through Auctions, Exhibitions & i-spy360 Virtual Tours

Welcome to our Website  
 www.portugalauctions.com

Your Property Partner - Turning Dreams into Reality!

## Give your wooden garden furniture an MOT



## Top tips from DIY guru Julia Gray for ...sprucing up wooden garden furniture

- Start by giving the furniture a really good clean. Remove any moss, dirt and debris with a stiff brush, then clean with a garden-furniture cleaner, or a garden-furniture restorer if it's really weathered - Cuprinol does both (www.cuprinol.co.uk).
- If the furniture has been varnished and the varnish is flaking off or patchy, sand it smooth and touch up. If it's in a bad state of repair, you'll need to remove all the varnish, either by sanding it off or using paint stripper or a heat gun, both of which must be used with great care.
- If the furniture's painted, deal with chips, cracks and flaking paint either by sanding or, preferably, filling and sanding,

which will give you a better finish and should stop the paintwork from deteriorating further. You can then paint over the repairs. If the original colour has faded, it's better to repaint the whole piece of furniture to avoid a patchy finish.

- Whether you're painting, staining, oiling or varnishing the furniture, prepare the surface carefully and apply the coating according to the manufacturer's instructions. Allow plenty of time for it to dry between coats, and work under cover if the weather's poor or changeable, or use quick-drying products. This should ensure that your wooden garden furniture holds its own against the elements for another year.

## Ask the expert

**Q:** What's the best type of paint for uneven walls?

**A:** You need a matt emulsion, preferably one with a chalky finish, to make the walls look their best and minimise the unevenness. An emulsion with a sheen

will emphasise the lumps and bumps because it catches the light, so avoid this. Lining paper will also help to disguise the imperfections.

**Q:** What's a good paint to use in my hall? The kids are always knocking the paintwork with their bikes, bats and balls.

**A:** Lots of paint manufacturers make specially-toughened paints that are family friendly and designed for situations like this, so

pick up some colour cards the next time you're in a DIY store. You can get both emulsions and paints for metal and woodwork.

**Q:** I've used mosaic tiles in my kitchen, but the white grout around the cooker is very stained and I can't get it clean, so I'd like to replace it. I can't have a splashback because the cooker's on the end and it would look odd. What are my options?

**A:** If you're sure the grout won't clean up and you want a more radical solution than grout paint, you could remove it with a grout rake or special saw - such as JML's Exakt Saw, which will get into the grout lines (be extremely careful not to nick the tiles) - and then replace the grout. You could also

retille, perhaps with large tiles that require fewer grout lines. Regrouting or retilling with white grout is probably not a good idea in this case, so consider using a dark or coloured grout that won't show up marks and cooking stains. Grey grout, typically used for floor tiles, is widely available.

**THE PORTUGAL News**  
 Established 1977

See page 2 for our exact print run this week.

**NEW PRODUCT - Complete 2 bedroom packages €12,500 inc. iva. - CALL FOR DETAILS.**

**LUZDECOR**  
 Mobiliários, Cortinados e Decorações Interiores

Come and look, be inspired - add style to your home

We can transform your property completely or one room at a time

In house design service at NO extra cost

Turnkey packages available tailor made to suit your property and your budget

We look forward to seeing you at  
 Showroom: Lote 38, Vila das Acácias,  
 Praia da Luz 8600 - 124 Lagos  
 Tel. 282 789 849 Mob: 917 771 831  
 luzdecor@world.net.pt • Visit: www.luzdecorhome.com



We are here to help with all your advertising needs, just call our Sales Manager on 707 500 677





## From plot to plate

### Peaches

To get a good crop, you need to grow peaches in the warmest conditions you can, even in Portugal, against a south-facing wall that will retain the heat by day and release it at night. Have a go at fan-training your tree in an enclosed area that will shelter the plant from any strong winds.

Peach trees need to be planted in rich, fertile, well-drained soil with plenty of added organic matter. You'll need to prepare the soil carefully at the base of the wall and, if fan-training, supply regular support with stout canes attached to the wall in a fan shape, one for each branch of the tree.

In spring and summer, the branches will produce sideshoots from which the fruit will grow, so don't touch those. Don't expect any fruit from a newly-planted tree until its second or third summer.

Tie the branches in regularly to their supports as they grow. In spring, give the tree a good mulch and in late March feed it with general purpose fertiliser. Keep it well-watered immediately after planting, until established, and continue to water it well in dry spells, particularly when it's carrying fruit.

Good varieties of peach include 'Peregrine', which ripens from late July, and 'Rochester'.



# Best bulbs for autumn planting

No sooner have I returned from my summer holidays than I'm thinking about bulbs - if there's anything new and where to plant.

Planting bulbs in the autumn creates an optimism and air of anticipation for spring, when everything bursts into life and many of the bulb specialists, mail order and online suppliers are offering new types and more choice than ever.

Here are just a few of the best bulbs for planting this autumn:  
 :: Narcissus 'William Park' - This giant single-flowered daffodil produces super-sized, 15cm blooms. (Thompson & Morgan, tel. 00 44 (0)844 248 5383, www.thompson-morgan.com)

:: Allium 'Carlito' - This beautiful new addition to the popular ornamental onion family produces densely packed heads of starry flowers in a subtle lilac hue, but is no less formidable than the favourite 'Globemaster'. It will grow to around 75cm and is ideal for dried flower arrangements when the colour has gone and just the seedheads remain. (Jacques Amand, tel. 00 44 (0)20 8420 7110, www.jacquesamand.com).  
 :: Camassia leichtlinii 'Pale Pink' - While most camassias are deep blue, these are a more subtle shade of pale pink and are just as hardy and tough as other leichtlinii, but broad-petalled in a soft baby pink. (Avon Bulbs, tel. 00 44 (0)1460 242 177, www.avonbulbs.co.uk).

:: Anemone 'Jerusalem Mixed' - Originating from Israel, these colourful, poppy-like blooms are produced on long stems from each corm. Easy to grow and ideal for creating a stunning spring display they are worth a try. (Thompson & Morgan, as above).

:: Crocus 'Vanguard' - This pretty lilac specimen bridges the gap between smaller-flowered, earlier crocuses and the February-flowering giants derived from C. vernus. It needs good drainage and an open, sunny position to flower and looks good in drifts in grass mixed with short, early narcissi such as 'Jetfire'. (Avon Bulbs, as before; Broadleigh Bulbs, tel. 00

44 (0)1823 286 231, www.broadleighbulbs.co.uk).

:: Hyacinth 'Prince of Love' - Double-flowered hyacinths are a rarity, but this dramatic and fragrant variety with its densely-packed flower spikes looks great in beds, borders or patio pots. (Thompson & Morgan, as before).

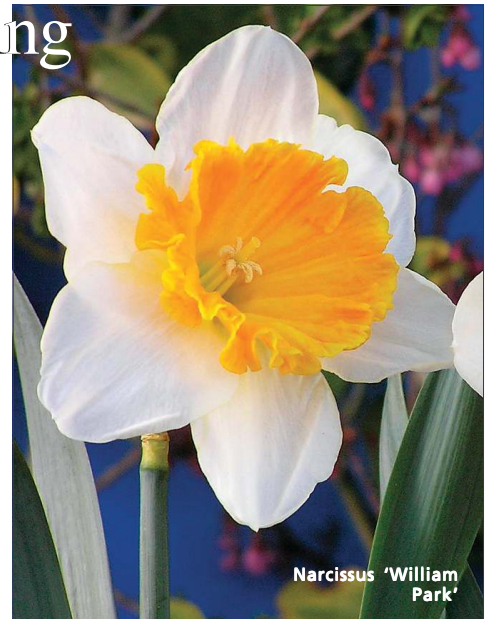
:: Allium 'Silver Spring' - A recent introduction from Israel, the white lollipop flowers on 75cm stems are unique, with each floret sporting a distinctive deep-pink centre. It flowers in April and June and is widely available. (Walkers Bulbs, tel. 0044 (0)1406 426 216, or go online to: www.bulbs.co.uk; Jacques Amand, as before; Broadleigh Bulbs as before; Unwins - stockists call 00 44 (0)28 8772 7500).

:: Narcissus 'Tall Bonair' -

This impressive double daffodil grows to 35cm and has pale cream petals with a ruffled lemon-yellow centre, flowering in March. It's also an excellent cut flower. (Unwins - stockists as before).

:: Tulipa clusiana 'Peppermint Stick' - Not new, but so pretty. This pint-sized tulip, which grows to just 25cm, produces dainty flowers in April with deep rosy-red outer petals just edged silvery white. The inner petals show a deep steel-blue base when open in the sun. They originate from the Mediterranean and the Far East, and are popular in rockeries and wild gardens, or can be naturalised. (Avon Bulbs, as before; Miniature Bulbs & Choice Bulbs, tel. 00 44 (0)1423 542 819, miniaturebulbs.co.uk).

:: Hyacinth 'Garden Masquer-



Narcissus 'William Park'

ade': This richly-scented variety produces deep-purple flowers which make a real statement in patio containers in spring, especially if they are close to the door, where you can enjoy their deli-

cious odour as you venture into the garden. (Unwins - stockists call 028 8772 7500).

**Always try your local garden centre first.**

Hannah Stephenson



Allium 'Carlito'



Tulipa 'Peppermintstick'

**ALGARVE TREE SERVICES**

917 479 921

www.algarvetreeservices.com

**PRUNING  
DISMANTLING  
FELLING  
STUMP GRINDING  
BRUSHWOOD CHIPPER  
SERVICE**

**QUALITY TREE CARE  
ACROSS THE ALGARVE**

**ECOSSISTEMAS**

**GARDEN CENTRE**

Tel: 282 768 776  
Tel: 282 768 777  
Mob: 918 798 515  
Fax: 282 768 778  
gardencenter@ecossistemasol.com | www.ecossistemasol.com

**prime**

**eic**

**ISO 9001**

**OFFICE**

Tel: 282 799 537  
Mob: 919 845 659  
Mob: 961 345 276  
Fax: 282 799 030

**Garden Centre, Nursery & Pool Shop**  
All aspects of landscaping service FREE quotation & design

**Q**

**GARDEN**

E.N. 125 Odiáxere - 8600 • Lagos • Tel 282 799 633

**All pots  
15% off**  
(Aug. 31st to Sept. 11th)

www.qgardenpt.com

**Canteiros do Sol, Lda.**

Landscaping & Garden Maintenance

*Imagine your garden...  
...We will make it real*

*Contact us for a free quote*

Visit us at  
www.canteirosdosol.com

Contacts:  
canteirosdosol@sapo.pt  
Tel. & Fax: 289316904  
Mobile: 962482722  
966178318

**Providing honest & reliable service for over 20 years.**

**Professionalism and craftsmanship guaranteed.**

**Landscape**

**Construction • Design • Maintenance**

- Irrigation Systems
- Water Features & Ponds
- Personalized Grounds Maintenance Programmes

Call Joe for your free estimate  
913 407 507 or 289 328 255

Bilingual Contractor (English/Portuguese)  
E-mail: geraldspaisagismo@hotmail.com



## News for parents



**Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.**

**Parents believe children are unhappier and naughtier if not given enough time to play, a new survey has found.**

More than seven in 10 parents believe their children are naughtier when they spend less time playing, according to a poll commissioned by Play England.

Almost nine in 10 (86%) say a lack of play makes their youngster unhappy, while nearly two-thirds (62%) said their child is angrier when their play is limited.

The statistics are a concern to parents, as one in three say the recession means they can no longer afford to take their child out to play.

But it shouldn't cost money - children will play anywhere, with anything (as long as it's safe, of course).

**Parents desperately searching for children's summer holiday entertainment ideas may get help from a new little book of fun.**

And those parents trying to save cash needn't worry, as The Little Book Of Holiday Fun is free and full of ideas that don't cost a fortune.

TV presenter and new first-time mum Amanda Lamb has helped launch the new book, which is produced by the kids' shampoo company Halos N Horns.

Their research has found that three-quarters of families have spent their summer at home this year, mainly because nearly half say they can't afford to go abroad.

**Peer pressure and laziness stop children from joining after-school clubs as they get older, new research suggests.**

While most youngsters realise that organised activities are a "good thing", many stop attending, or reject them once they become teenagers, the Government-backed report found.

One 13-year-old boy told researchers: "When you're nine you can be bothered, but not at our age."

And a 16-year-old girl said: "The trouble with clubs is that someone is in charge of you. I don't want anyone in charge of me (after school)."

The report concludes that

lapsing is a

"very wide-

spread phe-

nomonon",

and is often

associated

with peer

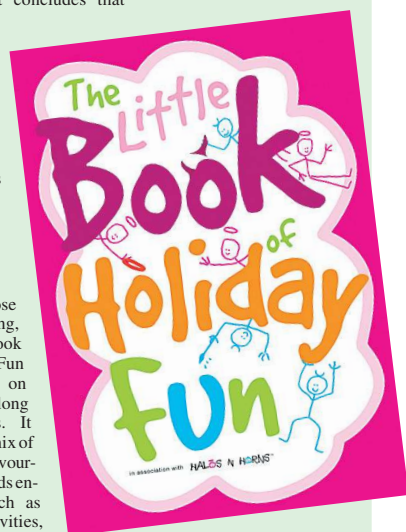
pressure lead-

ing teens

away from the activity, or pressure of time resulting in activities being given up.

It suggests that improving information about activities would encourage more youngsters to take part, and recommends children be allowed to try new clubs at low or no cost obligation.

And if they could somehow make after-school clubs cool, that might convince teenagers to try them.



rainy days and autumn activities.

The book is available free from [www.halosnhorns.co.uk](http://www.halosnhorns.co.uk).

## Ask the Expert

Q: "I'm always picking up my children's toys or shouting at them because they've made such a mess. How can I stop spending so much time shouting and tidying?"

A: Tanith Carey, author of *How To Be An 'Amazing Mum' When You Just Don't Have The Time* (published in paperback by Lion Hudson, £7.99/£10.29), says: "Many mums are drowning in bits and pieces because their kids simply have too much. The average child get around 70 new toys a year, so if you don't have a clear-out it will quickly become unmanageable."

"Try the 'one in, one out' rule - a few times a year ask your kids what toys they don't like, and suggest they take them to the charity shop to learn about giving."

"This will also clear space in your cupboards, which will make putting away the toys they still have easier and quicker."

"When it comes to shouting at them to tidy up, try changing

tactics as you're wasting your breath. If you want them to clear up, look them in the eye and tell them in a low, clear, authoritative voice that you expect them to do it.

"But also make it fun. Put on some high-energy music. Make it a race by setting a timer. Set a deadline to motivate them, like the start of their favourite TV programme."

"You can also make tidying up easier by investing in the right storage. My test of a good toy-box is whether you can throw in playthings from about six feet across the room."

"Choose boxes that are large enough, but not so huge they become bottomless pits. Also look for containers on wheels which can be rolled to the heart of the worst mess, then pushed out of sight."

## Website of the week:

[www.learndirect.co.uk/readtogether](http://www.learndirect.co.uk/readtogether)

Learndirect has launched two free online storybooks after research found that 32% of parents want to brush up on their English and maths to support their children's learning.

The idea is that the online books will keep kids reading over the summer with the help of their parents, who may learn too.

Backed by celebrity mum and actress Angela Griffin, the new storybooks let kids become the lead characters and change details within the stories. Kids have the chance to win a professionally-printed version of their personal storybook by registering it on the website.

## Readers Tip

If you've got any old paper party plates and cups etc lying around, put some music on, make some sandwiches and encourage young kids to have a 'party' with a few simple games.

## Three ways to... encourage your kids to be greener.

1. Get them to turn off the water when they clean their teeth, and have quicker showers and baths in less water.
2. Walk, cycle or catch a bus with them instead of travelling by car.
3. Get them to turn off lights, and always switch off electrical appliances when they've finished with them.



# Centro Comercial Portimão

## CONTINENTE

**60 Lojas Stores** **6 Cinemas** **12 Restaurantes**

**"Guys & Dolls"**  
Kids Fashion Boutique

**Clashes for your fashion conscious kids**  
Petit Bateau, Lelli Kelly, Blau Mari, Roberto Cavalli

**Large shoe range. Feet measured for width & length**  
Start-rite, Lelli Kelly, Pom d'Api, Geox, Miss Sixty, Catimini, Fiorucci, Cavalli

**NEW STOCK IN - SCHOOL UNIFORM RANGES**  
Start-rite, Geox & Billowy. FREE rucksack with Billowy - while stocks last.

**Clothes collections for ages 0-10 years.**  
Petit Bateau underwear also available.

Av.5 de Outubro, ALMANCEL High Street.  
Tel.: 289 358 014 or 933 326 471  
SHOP ONLINE NOW: [www.guysanddollsffashion.com](http://www.guysanddollsffashion.com)  
OPEN MON-FRI 10.00-13.00 & 14.30-18.00 SAT 10.00-13.00 PUBLIC HOLIDAYS CLOSED.

Greeting cards for all occasions



# Eyes right!

Open up the windows to your soul with show-stopping lashes and perfect brows. Lisa Haynes show how.

Forget the wannabe contestants on X Factor, it's Cheryl Cole's plum dye job that's dividing the nation.

But whatever you think of the Girls Aloud star's new hairdo, one element of her beauty routine that will always score full marks is her Bambi-look eyes.

With the X Factor back on our screens, the spotlight is back on Cheryl's incredible lashes and neat brows.

When Girls Aloud released their own range of Eylure lashes earlier this year - a different pair for each band member - it was Cheryl's falsies that glam fans flocked to, accounting for almost half of total sales (44%), according to feelunique.com

"I love the dark glossy look of my lashes... cool and ultra glamorous," Cheryl said.

As eyes take centre stage in beauty, we can all get a bit of

Cheryl's eye X Factor with some brow control and lash trickery.

## Shape up

Ditch your quest for the body beautiful - eyes take the prize for the UK's favourite body part, according to a recent survey by cosmopolitan.co.uk

With peepers topping the poll at 33%, the women surveyed said sparkling colour, shape and long lashes are all the makings of an enviable eye.

But eyebrows are the true foundations for showcasing your eyes to the max, according to Bobbi Brown. "A well groomed brow instantly adds polish and strength to a woman's face," she explains.

"When shaping brows for the first time, I recommend seeing a professional - they'll create the best shape for your face.

"If you decide to go it alone, re-



www.famousbysuemoxley.com

member less is more. Tweeze just a few hairs at a time, between the brows and underneath the brows but never pluck above. Don't try to 'create' a line; use your brow's own natural line as a guide."

## Frame your face

Most of us can hold our hands up to the plucking police for being over-zealous with the tweezers. But stars like Rachel Weisz and Camilla Belle with their dark heavy eyebrows prove that big and bold are back in vogue.

Bobbi says: "Well-defined brows can be extremely flattering. They can open up a woman's face so that she actually needs less make-up. A well-shaped brow can also help lift deep-set eyes or maximise small eyes."

Bobbi has these tips for strengthening skinny and gappy brows:

- To fill obvious holes or lengthen over-plucked brows, use a brow pencil first to draw in the brow line.
- In a shade that matches the natural brow colour, fill with a light feathery stroke, mimicking the look of hair.
- Go over the line with a powdered eye shadow using a stiff angled brow brush.
- Stroke colour along the up-

per edge of the brow to accentuate and give 'lift' to the eye area.

- Only fill in gaps where you can see skin. Look at the brow and only apply colour on bare spots and not over the whole brow.

## False effects

False lashes are no longer the reserve of pop princesses or drag queens. In the last 18 months, false lashes have become as much of a must-have as lipply or eyeliner.

Sales of false eyelashes are up 110% on last year at Superdrug with 4,000 packs flying out of stores every day.

Eyebrow guru Shavata, who recently opened a new Lash Lounge franchise, says: "False eyelashes give you the wow factor, making your eyes appear brighter and more feminine. Even if you have no make-up on you look like you're wearing mascara."

The drama of your look - and its longevity - is down to the lashes you choose.

- Strip lashes  
Fine and natural or glamorous and heavy, strip lashes are the instant way to make your eyes centre of attention. Opt for feathery, sparkles or colours for a party wow factor. Trim the strip of

false lashes to the right length for your eyelid.

- Temporary lengtheners  
If you want longer lashes for a lengthier period than one night only, look to extensions. Applied by a therapist in 20 minutes, the false lashes last up to two weeks and can even be applied to the bottom lashes. The lashes must be removed or renewed by a therapist after two weeks (www.senses-skincare.com).

## Accentuate eyes

If you haven't got the knack of falsies, you can still open up your eyes with traditional make-up tricks to give your lashes a quick boost.

"Eyeliner is good for drawing attention to your eyes in general," Shavata advises. "Mascara and eyelash curlers will widen your eyes, lengthen your lashes and generally make them even more dramatic. Lash perming is a good alternative to false lashes and eyelash curlers, as it really opens up your eyes."

Conditioning products that naturally promote lash growth are another booming area of eye accentuation.



Eylure Girls Aloud limited edition Cheryl Lashes, (www.feelunique.com)

Applied in a similar way to a liquid eyeliner before bed every night, you could see an increase of up to 50% in length and thickness within four weeks. They can also be used to stimulate eyebrow growth if you want to thicken up.

Eyes framed by lash extensions



**UNIVERSIDADE DA CRIANÇA**  
NEW DIRECTIONS IN EDUCATION

**Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.**

**CRÈCHE AND PRE-SCHOOL**  
**- ENROL NOW -**

UNIVERSIDADE DA CRIANÇA  
Rua Sidónio Pais, Lote 4 - 8500-735 Portimão  
Tel. 282 423 974 - Fax 282 401 581  
reitoria-uc@ideas4tomorrow.com

**PLANET PLAY**

**New playgroup due to open Sept 2009**

**Fully qualified supervision**  
(English and Portuguese spoken)

★ Learning, arts and crafts and access to play equipment  
Ages from 1yr to 6yrs old.

★ Hours to suit

**Spaces are limited**  
for enquiries please ring ASAP  
Tel: 289 393 545 • Tlm: 910 882 982

**Collections**  
LADIES' FASHIONS FROM ALL OVER EUROPE

**Summer Sale**

**25% off all clothes**

**Bargain Rails!**

Shop at Quinta da Praia,  
**ALVOR - 282 476 574**  
Mon - Fri: 10am-1pm & 3pm-6pm • Sat: 10am - 1pm



# What's your gut reaction?

With one in three people suffering from a digestive problem, now has never been a better time to look after your gut. We take a look at what you can do to get your nine-metre marvel back into shape.

Considering the majority of the body's immune system is the gut, keeping yourself healthy means keeping your tummy healthy.

Well that's according to Maxton Pitcher, consultant gastroenterologist at London's St Mark's Hospital.

He explains that maintaining a proper diet, healthy lifestyle and good sleeping patterns, will all help keep that nine-metre-

long digestive system, healthy.

## :: Understanding the gut

It's worth thinking of the gut as the engine of our bodies: the better the food we put into it, the better it runs. But everyday factors like poor diet, stress, illness and even ageing can all affect the gut negatively, leading to problems such as constipation, diarrhoea, bloating and wind, says Dr

Pitcher.

"Think what happens when you get an attack of nerves before an exam, a driving test, a date, or when you're upset," he says.

"Those acute positive or negative stresses cause the stomach to churn with butterflies, which in turn causes us to rush to the toilet - an example of the 'brain-gut axis' in operation.

"The external environment and our daily perception of it very much dictate how our gut behaves, which is why we have the expressions 'gut feeling' or 'gut reaction'."

More than 25 different health



As the primary function of the gut is to process and absorb nutrients from food, keeping it in good shape entails eating well.

conditions relate to the digestive system - ranging from the acute and chronic to the mild and temporary. Irritable Bowel Syndrome (IBS), for example, commonly relates to an emotional or stress-led disturbance of the large bowel and affects approxi-

mately 25% of the UK population, according to the British charity The Gut Trust (see their website at: [www.theguttrust.org](http://www.theguttrust.org)). Piles, on the other hand, are a painful but usually temporary condition affecting the rectum.

## :: Eating well: Why it counts

As the primary function of the gut is to process and absorb nutrients from food, keeping it in good shape entails eating well.

And that means eating a varied

**NURSING**  
FOR ALL OF YOUR NURSING & CARING NEEDS  
24 HOURS A DAY, 7 DAYS A WEEK

**ALGARVE ANGELS**  
Call 282 688 365 or 937 021 451

**Cris Pierssens Clinic**  
DENTAL CLINIC  
IMPLANTOLOGY CENTRE

Latest technology - Over 20 years' experience  
**THE CENTRE OF EXCELLENCE FOR DENTAL IMPLANTS**

We also offer crowns and bridges PLUS the whole range of treatments for all the family in our Albufeira clinic.

English • Portuguese  
German • French  
Dutch spoken

**SAME-DAY EMERGENCY SERVICE AVAILABLE**  
on 966 017 783

Tel: 289 589 080 • [www.crispierssensclinic.com](http://www.crispierssensclinic.com)  
[crispierssensclinic@gmail.com](mailto:crispierssensclinic@gmail.com)

**Perfect Smile**  
Implant and Cosmetic Dentistry Clinic

Teeth-in-an-Hour (Computer Guided Dental Implant Surgery)  
Smile Make-overs (Porcelain Crowns and Veneers)  
Dental Bleaching - Fixed Orthodontics - General Dentistry

HOSPITAL PARTICULAR DO ALGARVE - Cruz da Bota, Lote 6, Estrada de Alvor, PORTIMÃO  
Tel. / Fax: 282 457 018 [www.perfect-smile.pt](http://www.perfect-smile.pt)

**Dr John Piper** MB, BS, FRCS

Surgery at Armação de Pêra  
Clipsa - Clínica Particular de Saúde, Lda -  
on Mondays and Thursday mornings.

Av. Marginal, Edifício Atlântico I  
8365 Armação de Pêra. Call 282 315 761

See what  
you're  
missing at:  
**[www.the-news.net](http://www.the-news.net)**

**BETO FITNESS CLUB**

• ginásio body combat • body pump • rpm • localizada • staff simpático e dedicado  
• acompanhamento constante • banho turco • zona de lounge

[www.betofitnessclubs.com](http://www.betofitnessclubs.com) 282 419 950

**Monte da Palhagueira Retirement Village**

\* 55 Years old or over?  
\* Thinking of security for the future?  
\* Want to live in a safe, pleasant and healthy environment?

**Consider Monte da Palhagueira Village**

32 houses and apartments set in 22 acres of landscaped grounds, offering independence, peace of mind and security for retirement. Amenities include 2 swimming pools, putting green, croquet lawn, boule pitch, village hall, restaurant, hairdresser, physiotherapist, church and British trained medical staff on duty at all times.

Contact Clive Roberts • Monte da Palhagueira Village  
Gorjões, 8005-488 • Santa Barbara de Nexe • Faro  
Tel: 289 990900 • Email: [montedapalhagueira@gmail.com](mailto:montedapalhagueira@gmail.com)

**RIVERSIDE INTERNATIONAL MEDICAL CENTRE**  
CENTRO MÉDICO INTERNACIONAL

**Dr. med. Univ. Zürich**  
**ANDREAS J. MESZTICZKI**

Specialist in Internal and General Family Medicine  
Accident & Emergency Medicine  
Aviation Medicine - Flight Surgeon  
Authorised Medical Examiner / AME by INAC  
Vaccination Centre - Chiropractic

**SERVICES**

24h Emergency Service • All laboratory testings  
Ultrasound • ECG • Stress ECG • Home visits  
Check-up / Cancer screening • Physiotherapy  
Ear / eye / lung tests • INR Testing • Minor surgery  
Fitness for air travel certificates  
Medical Evacuation Flights  
Pilot & Driving License Medicals  
Wheelchair friendly accessibility

Tel. 289 99 77 42 • [ajm@oninet.pt](mailto:ajm@oninet.pt)  
24 Hr Service - Tel. 919 657 860  
Opening Hours: Mon - Fri 9-12 & 16-18 hrs

Rua de Faro 34,  
8005-531 Santa Barbara de Nexe/Faro  
(opposite the Pharmacy)  
GPS coordinates: N 37° 06.118' W 7° 57.822'  
Faro - Tavira - V. R. Santo António  
Ayamonte - Isla Cristina (Spain)



diet that takes in fibre, 5-10 portions of fresh fruit and veg a day, says Dr Pitcher.

"Changes in our diet can alter the composition of the bacteria in our gut, making us more vulnerable to functional gut symptoms such as diarrhoea or bloating, and other factors that can damage the lining of the gut in the early stages of disease processes," he says.

Replacing your white bread, rice and pasta with wholegrain ones instead, will increase your daily fibre intake and give you the minerals and antioxidants you need - without you even noticing much of a dietary change!

"Yoghurts can also improve the barrier function of the gut wall and stimulate its immune system of defence," says Dr Pitcher.

Another top tip to good gut health is to eat your food slowly. Slow lunches and dinners mean you give your gut a better chance to digest the food, as the process of chewing physically releases enzymes which aid digestion.

### • A healthy lifestyle helps

Sleepless nights and stressful days can affect your bowel func-

tion, appetite and body weight, so aim for at least 8 hours of shut-eye a night, advises Dr Pitcher.

Once you're up, make a habit of 'going regularly'. By encouraging your bowels to move once a day, you're keeping your digestive tract on track. "If you put off going to the toilet, you could find yourself with constipation," warns Dr Pitcher.

Smoking can also affect the digestive system, contributing to common disorders like heartburn and peptic ulcers. It could also increase the risk of gallstones and Crohn's Disease, which causes inflammation of the gut. If you'd like to quit smoking but need help, try visiting your GP or pharmacist for advice, or visit the UK website: [smokefree.nhs.uk](http://smokefree.nhs.uk).

### • The question of fluids

Keeping hydrated means that your stools are softer and easier to pass, so you should aim for 8-10 glasses of fluids a day, says Dr Pitcher.

But that doesn't mean beer or wine! Alcohol can irritate the lining of the stomach, which in turn can affect your digestive system



Alcohol can irritate the lining of the stomach, which in turn can affect your digestive system causing a bloated gut.



A woman struggles with her bloated stomach.

- so be aware of how much you're drinking a day. According to Government guidelines, women should drink no more than 2-3 units a day and men 3-4 units. To check your own unit consumption, go online to: [www.drinkaware.co.uk](http://www.drinkaware.co.uk).

### • Exercise for a healthy gut

A brisk 15-minute walk to work or a daily swim could really help improve your gut health - as it'll get your digestive juices flowing in all the right directions, says personal trainer Sophie Christy.

"Carrying excess weight around the midriff can really affect the digestive system, as the extra weight can put pressure on the stomach, squashing food, mixed with stomach acid, back into the gullet."

To avoid common gut-related problems such as heartburn, constipation and piles, all you have to do is get your heart pumping a few days a week.

Kate Hodal

## Do's and Dont's for a healthy gut



Don't smoke - it's not attractive and it's bad for your gut. Do some exercise - to feel great and keep your weight down. Do drink lots of water - the benefits are amazing.

**Optica Orbita** Great Variety

**Frames Sunglasses**

**50%**

**paco rabanne**

adidas, Davidoff, STING, GANT, D&G, Massimo Dutti, Guess, Lacoste, Zeiss, Ray-Ban, CK, Silhouette, Carrera, Armani

Rua José C. Leal e Brito, 81-B Loja B - 8100-507 Loulé  
Tel/Fax: 289 411 777 - Mob: 913 399 647

**Centro Activo** Healthcare Centre and Mobility Rehabilitation

**Consultations:**  
Physical, Orthopaedic, General Clinic (GP), Psychology Clinic, Educational Psychology, Neurology, Nutrition

**Therapies:**  
Physiotherapy, Speech Therapy, Anti/ Post Natal Therapy, Acupuncture, Osteopathy, SPA, Medical Pedicure, Pilates, RPG, Yoga

Ed. Europa, R. Joaquim Agostinho Fernandes, Lt. 1, Cv.2, Alto do Quintão, Pontal, 8500-833 Portimão (behind Rádio Alvor and Bit Shop)  
Telephone / Fax: (+351) 282422104  
[centroactivoportimao@gmail.com](mailto:centroactivoportimao@gmail.com)

**Mind Full, or Mindful?**

Do you want to have peace of mind?  
Cognitive Behaviour Therapy and Mindfulness Training will be able to help!

For more information contact:  
Lynne van Bilsen on +351910630920 or +447786118147 or via e-mail at [lynne@cbt-partnership.org](mailto:lynne@cbt-partnership.org) Alternatively visit one of the websites of our UK based clinics:  
[www.cbt-partnership.org](http://www.cbt-partnership.org) and [www.socksanddoom.co.uk](http://www.socksanddoom.co.uk)



**Antiques**

**FRED PEETERS**  
Dutch Antique Dealer  
Messines  
Tel: 282 338 602

**Bureaucracy**

**JST**  
Beauracratie help  
Vila Nova de Cacela, Tavira  
Tel: 281 951 108  
Mob: 962 831 105  
jst.doc@sapo.pt

**SOVEREIGN**  
For your fiscal representation  
Tel: 282 340 480  
port@SovereignGroup.com  
SovereignGroup.com/Portugal

**Chauffeurs**

**VIP CHAUFFEURS**  
**ALGARVE**  
Airport transfers  
Making you the VIP for less than  
the cost of a taxi  
Tel: 282 695 074

**Computers &  
Office supplies**

**AA PC SURGERY** ■15  
Personally Tailored Laptops and  
PC's created for your needs -  
Everything in English  
Tel: 707 940 332  
sales@worldtelecom.pt

**ALGARVE COMPUTER SOLUTIONS**  
English desktops & laptops.  
Repairs & upgrades.  
Free international calls  
Tel: 282 471 148  
Mob: 962 598 966  
nick@algarvecomputersolutions.com  
www.algarvecomputersolutions.com

**ALGARVE LAPTOPS**  
English laptops / PCs & support  
Repairs, upgrades & support.  
Tel: 282 312 044  
www.algarvelaptops.com

**Education**

**CENTRO DE LÍNGUAS DE LAGOS**  
Language School  
Rua Dr. Joaquim Tello - Lagos  
Tel: 282 761 070  
info@centrodelinguas.com  
www.centrodelinguas.com

**CLCC - CENTRE**  
Language School  
Portimão - Jardim Gil Eanes  
Tel: 282 340 250  
geral@clcc.pt  
www.clcc.pt

**UNIVERSIDADE DA CRIANÇA**  
Crèche & pre-school  
Portimão  
Tel: 282 423 974  
reitoria-uc@ideas4  
tomorrow.com

**Entertainment**

**CINEMWORLD SOLUTIONS**  
Movie magic for your own home  
Vale de Lousas, Alcantarilha  
Tel: 282 312 876  
info@cineworld solutions.com

**FARO JEWISH HERITAGE CENTRE**  
Synagogue Museum  
Tel (Centre): 289 829 525  
(Guide) 925 071 509  
Ralf.Pinto@sapo.pt  
www.farojewishheritage.org/

**STANDING OVATION**  
Wedding blessings, Events &  
Party organiser  
Tel: 914 599 933  
www.standingovationalgarve.com

View for FREE at  
[www.the-news.net](http://www.the-news.net)

**Health & Beauty**

**ALGARVE ANGELS**  
For all your nursing & caring  
needs throughout the whole  
Algarve  
Tel: 22 021 451  
Mob: 937 021 451

**ALAN GALE DENTURE STUDIO**  
Silves  
Tel: 282 442 302  
Mob: 916 717 113

**ANDREAS J. MESZTICZKI MD**  
Riverside International Medical  
Centre  
Santa Barbara de Nexe / Faro  
Moncarapacho - Tavira -  
V.R. Stº António  
Tel: 289 997 742  
24hrs service: 919 657 860

**BOWEN TECHNIQUE**  
Central and East Algarve  
Gareth Bullock  
Mobile: 912 540 071

**CENTRO ACTIVO**  
Physical rehabilitation &  
maintenance physiotherapy  
Portimão  
Tel: 282 422 104  
centroactivoportimao@gmail.pt

**CRIS PIESSENS CLINIC**  
Albufeira  
Tel: 289 589 080  
Fax: 289 589 716  
crispiessensclinic@gmail.com  
www.crispiessensclinic.com

**CLÍNICA DENTÁRIA**  
Dra. Cristina Fernandes  
(Dental Clinic)  
Rua João Menezes, Nº 8 r/c,  
8400. Lagoa  
Tel: 282 342 920

**DINFISFIO**  
Physiotherapy  
Tavagreira, Albufeira  
Mob: 969 950 031  
dinfisio@gmail.com

**DR. FRANCIS HALEY**  
Dental Surgeon  
Av. 25 Abril, 184-1°C,  
Cascais  
Tel: 214 863 012

**LISBON IMPLANT CENTER LDA**  
Lisbon  
Tel: 213 853 867  
email: infoaesthetic@sapo.pt

**LUZDOC INTERNATIONAL**  
Medical service  
24hr emergency Nº  
917 811 988.

**MINDFUL**  
Peace of mind?  
Cognitive behaviour therapy &  
mindfulness training.  
Tel: 910 630 920  
Tel: +44 7786 118 147  
lynne@cbt-partnership.org

**MONTE DA PALHAQUEIRA**  
Retirement Village  
Gorjões, 8005-488,  
Santa Barbara de Nexe, Faro  
Tel: 289 990 900  
montedapalhaqueira@gmail.com

**PERFECT SMILE**  
Dental clinic  
Cruz da Bota, lote 6  
Estrada se Alvor.  
Tel: 282 457 018  
www.perfect-smile.pt

**SENSES... SKIN CARE CENTRE** ■15  
Beauty (and skin care )  
Rua 1 de Maio, N36, Lagos  
Tel: 282 762 261  
Mob: 913 275 869  
info@senses-skincare.com  
www.senses-skincare.com

**Heating & Cooling**

**BARLAVENTO REFRIGERATION**  
Air conditioning, pool heating,  
underfloor heating  
Tel: 917 230 727  
paulkent-aircon@hotmail.com

**DOMUS HEATING** ■15  
Underfloor heating,  
EN125, Sitio Benfarras  
Boliueime  
Tel: 289 322 852  
Fax: 289 322 894  
domusheating@mac.com  
www.domus-heating.com

**FIRES OF PORTUGAL**  
Wood burning & Gas Fires  
Tel: 289 489 958  
Mob: 967 271 209.  
carolinsalir@mail.telepac.pt

**MISTER COOL** ■10  
Heating & Cooling  
Lagoa  
Tel/Fax 282 381 364  
Mob: 917 175 818

**SACL**  
Heating & Cooling  
Vale de Lousas  
EN125 - Alcantarilha  
Tel: 282 314 190  
Tel: 282 322 175  
Fax: 282 314 191  
rscil@mail.telepac.pt

**Holidays,  
Travel & Tours**

**ALGARVE TOUR**  
Travel  
Albufeira & Faro  
Tel: 289 890 226

**ANA - Aeroportos Algarve**  
Fly direct to major European  
Cities  
Tel: 289 800 617  
faroairport@ana.pt  
www.faroairport.com.pt

**AIRPASS**  
Online ticket reservations  
Tel: 282 480 580 (Algarve)  
Mob: 932 070 707  
Tel: 218 439 510 (Lisbon)  
Mob: 932 090 909  
info@airpass.pt

**LONDON MARRIOTT**  
Hotel  
West India Quay  
(Canary Wharf)  
London  
Tel: +44 207 093 1000

**VILLA SOL**  
Hotel  
Morgadinhos  
Tel: 289 320 320  
Fax: 289 320 431

**Interiors**

**ABODE FURNISHER**  
The Algarve leading furniture  
package specialist  
Tel: 282 762 070  
info@abode-group.com

**ABSOLUTE ESSENTIALS**  
Furniture and accessories  
Tel: 959 322 292  
absolute.furniture@btinternet.com

**ALGARVE CURTAINS**  
Curtains, cushions, bedcovers  
Ferragudo  
Tel: 282 493 238  
Mob: 964 677 699

**BEDROOMS EXTRA**  
Bedrooms, sofas & dining  
Parque Industrial O Infante  
9-10 Torre. Odiáxere  
Tel: 282 762 383.  
sales@bedroomsextra.com

**BEDSPREADS FACTORY** ■10  
Soft furnishings  
Lagoa & Alvor  
Tel: 282 353 244  
Tel: 282 457 510  
info@bedspreadsportugal.com

**CASA DOS COLCHOES**  
Matresses/beds  
Almancil  
Tel: 919 244 499  
jcsadascolchoes@sapo.pt

**DESIGNER TEXTILES**  
Inhouse designs service,  
curtains, sofas etc.  
Tel: 282 799 610  
designertextiles@sapo.pt

**DTC - INTERIOR DESIGN SHOP**  
Design with a difference  
Rua José Ventura Neto Cabrita,  
Lagos.  
Tel: 282 782 311  
dctinteriors@mail.telepac.pt

**FURNITURE WORLD**  
Solid wood furniture at realistic  
prices  
Chinicato, Lagos  
Tel: 282 798 263  
www.furnitureworld.pt

FOR FULL DETAILS,  
PLEASE SEE OUR  
MAIN ADVERT

**FRONTERA**  
Complete High Quality Home  
Furnishings  
Tel: +34 959 470 971  
sales@furniturefrontera.com  
www.furniturefrontera.com

**IDEAL LIVING**  
Loulé  
Tel: 289 398 573  
Mob: 910 410 510

**KA INTERNATIONAL**  
Leaders in decoration in Lagos  
Rua José Ventura Neto Cabrita,  
Lagos  
Tel: 282 782 311  
www.ka-international.com

**LUZ DECOR**  
Interior Decor  
Praia da Luz, Lagos  
Tel: 282 789 849  
Mob: 917 771 831  
patsy@oninet.pt  
www.luzdecorhome.com

**MÓVEIS MALHEIRO**  
Furnishings - Fires & Ribeiro,  
Lda. Urb. do Malheiro, Rua das  
Acácias, Lote 4 Portimão  
Tel: 282 491 583  
Fax: 282 492 249  
moveis.malheiro@mail.telepac.pt

**STYLE FURNISHINGS**  
English beds in the Algarve  
Vale de Lousas  
Alcantarilha  
info@stylefurnishings.com  
Tel: 282 322 291

**Kitchens &  
Bathrooms**

**ELITE KITCHENS**  
Kitchens.  
Tel: 282 353 664  
iberelite@sapo.pt

**Landscaping  
Gardens & Ponds**

**ALGARVE TREE SERVICE**  
Tree Surgery  
Vale Grito, Aladena, Lagos  
Tel: 917 479 921  
www.algarvetreeservice.com

**CANTEIROS DO SOL**  
Landscape gardens  
Estoi  
Mob: 962 482 722

**ECOSSISTEMAS** ■15  
Garden Centre  
EN125, Odiáxere, Lagos.  
Tel: 282 799 537  
Fax: 282 799 840  
www.ecossistemas.com

**GERALDES LANDSCAPE**  
Construction and maintenance  
Tel: 289 328 255  
Mob: 913 407 507  
geraldespaisagismo@hotmail.com

**HARVEYS OF LOULÉ**  
Garden Construction &  
maintenance  
Loulé  
Tel: 289 412 462  
Mob: 916 048 671  
harvcor@sapo.pt

**NORMAN GROUNDWORKS**  
Gardening & landscaping  
Tel: 282 332 899  
Mob: 963 134 129

**Q GARDEN**  
EN125 Odiáxere  
Tel: 282 799 633  
qgarden@mail.telepac.pt  
www.qgardenpt.com

**Legal & Insurance**

**ANA DUARTE**  
Lawyer in Lagos  
Tel: 282 792 766  
anaduarteadv@hotmail.com

**BLEVINSFRANKS**  
Unique solutions for your tax  
and private wealth  
Freephone: 800 813 303  
pensions@blevinsfranks.com  
www.blevinsfranksinternational.com

**HLB GIBRO GROUP**  
Fiscal Representation for  
non residents  
Loulé,  
Tel: 289 463 271  
info@gbconsultores.com  
www.gibro.com

**www.the-news.net**

**INTASURE**  
Property Insurance  
Tel: 707 500 025

**JIM PLAYERS**  
Insurance  
Almancil  
Tel: 289 359 662  
insurance-player@  
mail.telepac.pt

**KAZA SEGUROS**  
Insurance Solutions to  
accommodate your needs  
Tel: 282 761 612/3/5  
Mob: 919 694 025  
kazaseguros@mail.telepac.pt

**LOYD & WHITE**  
EN125  
Tel: 289 360 578  
www.loydwhyteintl.com

**O'NEILL'S MORTGAGES**  
Algarve's Premier Independent  
Mortgage Brokers  
Tel: (00351) 289 301 866  
www.oneillsmortgages.com

**PROFESSIONAL INVESTMENT CONSULTANTS**  
Independent Insurance  
Professions  
Carvoeiro  
Tel: 282 357 853  
Tel: 282 969 288  
insurance.portugal@pic-  
europe.com  
www.insurance4portugal.com

**TAX ANGELS**  
Tax  
Vilamoura  
Tel: 289 380 048  
info@portugal-tax.com

**THOUSAND MARKETS LDA**  
Mortgage brokers  
Tel: 213 866 109  
Mob: 918 539 480  
Mob: 916 721 382  
pierreilavelle@yahoo.com  
www.portugal-  
mortgagesonline.com

**XPAT CARE**  
Health Insurance  
Tel: 707 500 028

**Media & Publicity**

**INACIO ALVES**  
Marketing & Publicity  
Olhão.  
Tel: 289 721 050  
Mob: 968 639 468  
inalves@mail.telepac.pt  
www.inalves.com

**Miscellaneous**

**FRESH AIR**  
Mobile vehicle air conditioning  
We come to you at your home or  
work place  
Silves  
Call Nick or Tracey  
Mob: 915 974 283

**BLACK HOLE** -  
Pest control, artificial grass &  
scalewatcher  
Mobile 967 516 981  
www.artigrass.eu

**Optician**

**OPTICA ORBITA**  
Fashionable quality optician  
R. José C. Leal e Brito, Bl.  
B.Loja B Loulé  
Tel/Fax: 289 411 777

**Pets**

**PAWS 4 PETS**  
Top quality foods, treats,  
grooming products &  
supplements.  
Silves - Tel: 282 443 170  
Albufeira - Tel: 289 588 882  
Mob: 916 273 376  
www.paws4pets.net

**VIP VETERINARY SURGERY** ■10  
for very important pets  
Urb. Horta Senhora - Lagos  
Tel: 282 782 282  
www.vipveterinarysurgery.com

FOR FULL DETAILS,  
PLEASE SEE OUR  
MAIN ADVERT

# Need an office?

Are you finding it  
difficult to run an  
office? Do you want to  
save on staff  
costs and  
overheads? Lingua Franca is  
your answer  
We can answer  
calls in your  
name. Nobody  
will know they  
are not talking  
directly to you or  
your staff.  
We speak  
English, German  
or Portuguese,  
take messages  
and then let you  
know by email,  
text or fax.  
For details call  
707 500 016  
or email us at  
sales@lingua  
franca.cc



LINGUA  
FRANCA CONTACT CENTRE  
part of **THE PORTUGAL News** group



View these pages  
for FREE at  
[www.the-news.net](http://www.the-news.net)

## Pools & Building

### AQUA PURA

Pool-covers, Lagos  
Mob: 967 025 157  
[info@aquapura.com.pt](mailto:info@aquapura.com.pt)

### BUILD 4 U.

Construction etc.  
Mob: 289 571 749.  
[info@build-4-u-lda.com](http://info@build-4-u-lda.com)  
[www.build-4-u-lda.com](http://www.build-4-u-lda.com)

### DANECASA

Wooden homes or steel frame construction  
Guia (nr. Algarve shopping)  
Tel: 289 571 270  
[info@danecasa.com](mailto:info@danecasa.com)  
[www.danecasa.com](http://www.danecasa.com)

### DAVID WILSON LDA

Costruction and Renovation Specialists  
Tel: 289 489 579  
Mob: 917 227 087

### FERNANDO LOURENÇO

Everything for your own water paradise  
Tel: 282 353 543  
Mob: 917 812 448  
[fml.lda@sapo.pt](mailto:fml.lda@sapo.pt)

### HOME - POOLSAN

Chlorine free Eco-Friendly  
Swimming pool treatment  
[info@home.pt.com](mailto:info@home.pt.com)  
[www.heatwafer.com](http://www.heatwafer.com)

### IBERIA BLUE

Pools & Equipment  
Phone/Fax: 282 761 116  
Mob: 913 393 421  
[info@iberiablu.com](mailto:info@iberiablu.com)  
[www.iberiablu.com](http://www.iberiablu.com)

### JOÃO NUNES

Building your home  
Tel: 289 417 867  
Mob: 966 570 158  
[jn.geral@gmail.com](mailto:jn.geral@gmail.com)

### POOL SAFETY FENCING

Mob: 919 892 518  
Mob: 910 666 613  
[poolfencing@aol.com](mailto:poolfencing@aol.com)

### POOLS SAFE.EU

Pool security Covers Fences  
Nets  
Estrada Gale, Algu, Albufeira  
Tel: 289 591 662  
Fax: 289 591 665

### PURE POOLS

Pools & Equipment  
Lagos  
Tel: 282 760 033  
Mob: 919 517 868  
[purepools@yahoo.com](mailto:purepools@yahoo.com)  
[www.purepools.com](http://www.purepools.com)

## Property Agents

### ABODE

Carvoeiro  
Tel: 282 356 865  
[leohbraun@hotmail.com](mailto:leohbraun@hotmail.com)  
[www.aboda-pt.com](http://www.aboda-pt.com)

### ALGARVE EASY

#### PROPERTY

Best mortgages & property agent  
Rua Vasco da Gama, Lagos  
Tel: 282 769 150  
Mob: 913 500 826  
[www.algarveeasyproperty.com](http://www.algarveeasyproperty.com)

### ALGARVE MANTA

PROPERTIES  
Manta Rota  
Tel: 281 952 820  
Fax: 281 952 820  
Mob: 911 041 862  
[sarah@algarvemanta.pt](mailto:sarah@algarvemanta.pt)  
[www.algarvemantaproperties.com](http://www.algarvemantaproperties.com)  
Rentals: [www.algarvemanta.pt](http://www.algarvemanta.pt)

### ALGARVE PROPERTY

CENTRAL  
Vilamoura  
Tel: 289 310 310  
[sales@algarveproperty.com](mailto:sales@algarveproperty.com)  
[www.algarveproperty.com](http://www.algarveproperty.com)

### EASY PROPERTY

Av. dos Descobrimentos, 15  
Lagos  
Tel: 282 769 150  
Mob: 913 500 826

### ELLY VAN HULST

Real Estate  
Between Loulé and S. Brás  
[www.property-runner.com](http://www.property-runner.com)  
Tel: 289 842 992

### ESTE ALGARVE

Real Estate  
Covadeiras, Vila Nova de  
Capela, V. R. Stº António.  
Tel: 281 951 165  
or Centro Comer., Av. 28 de  
Maio (Marginal), Tavira.  
Tel: 281 302 277  
[belosantospedras@hotmail.com](mailto:belosantospedras@hotmail.com)  
[www.estealgarve.com](http://www.estealgarve.com)

### KASAS

Algarve Property  
Vilamoura  
[sales@algarveproperty.com](mailto:sales@algarveproperty.com)  
[www.algarveproperty.com](http://www.algarveproperty.com)

### LAND & HOUSES

Real Estate  
Tavira.  
Tel: 281 320 281.  
[www.landandhousesalgarve.com](http://www.landandhousesalgarve.com)

### PROPERTY AUCTIONS

Market your property privately  
Tel: 936 191 682  
[www.i-spy360.com](http://www.i-spy360.com)

### REMAX DIAMOND

Real Estate  
João Nunes  
R.Francisco Xavier Ataíde de  
Oliveira, Lote 32-1, Lagos  
Tel: 282 770 140  
Fax: 282 770 149  
Mob: 917 771 849  
[joão.s.nunes@gmail.com](mailto:joão.s.nunes@gmail.com)

### REMAX VILAMOURA

Real Estate  
Soraia Santos  
Vilamoura  
Mob: 962 014 793  
email: [ssantos@remax.pt](mailto:ssantos@remax.pt)  
[www.remax.pt/ssantos](http://www.remax.pt/ssantos)

### TO GO FOR HOMES

Algarve Property Specialists  
Alvor  
Tel: 282 432 004  
Mob: 917 472 273  
[www.togofor-homes.com](http://www.togofor-homes.com)

### HOUSE RAFFLE IN

ALGARVE  
[www.dietraumvillaverlosung.at](http://www.dietraumvillaverlosung.at)

### VENDAVILLA

Real Estate  
Vilamoura  
Tel: 289 314 486  
Fax: 289 315 578  
[vilagente@mail.telepac.pt](mailto:vilagente@mail.telepac.pt)  
[www.vendavilla.com](http://www.vendavilla.com)

## Property Services

### AWT LDA

Water treatment  
Tel: 289 842 288  
Mob: 965 805 032  
[admin@awtalgarve.com](mailto:admin@awtalgarve.com)  
[www.awtalgarve.com](http://www.awtalgarve.com)

### BARLAVENTO

REFRIGERAÇÃO  
Air con, dehumidifiers etc.  
Tel: 917 230 727  
[paulkentarcon@hotmail.com](mailto:paulkentarcon@hotmail.com)

### CHEMDRY

Carpet & upholstery Cleaning  
Loulé  
Tel: 289 092 624  
Mob: 910 690 966

### THE DRAIN KING

Personal & professional  
service  
Tel: 282 471 335  
Mob: 918 647 305  
[drainking8@aol.com](mailto:drainking8@aol.com)

### F.F. SOLAR

Solar and collection, installation  
& maintenance  
Tel: 282 998 745  
[mail@ffsolar.com](mailto:mail@ffsolar.com)  
[www.ffiolar.com](http://www.ffiolar.com)

### GFS METALWORK

Gates, grills etc  
Tel: 282 449 270  
Mob: 933 402 261  
Mob: 933 555 387  
[www.gfs-metalworks.com](http://www.gfs-metalworks.com)  
[info@gfs-metalworks.com](mailto:info@gfs-metalworks.com)

### GIANTS WINDOWS

Windows, doors, etc  
Tel: 911 199 888.

### GENERAL HOME

CONSTRUÇÃO LDA  
Creative makeovers inside  
and out  
Portimão  
Mob: 968 398 286 (Port)  
Mob: 968 5016 093 (Eng)

### JAMES WALKER

Professional painting &  
decorating  
Mob: 967 944 660  
[walkers@sapo.pt](mailto:walkers@sapo.pt)

### LIVINGSTON'S

#### PAINTING

For all your painting needs  
Algarve only  
Tel: 917 511 550

### M2M BLINDS

Window blinds & Fly screens  
Tel: 286 518 059  
Mob: 932 894 709  
[m2mblinds@hotmail.com](mailto:m2mblinds@hotmail.com)  
[www.m2mblinds.com](http://www.m2mblinds.com)

### PROFILIMPO

Drain cleaning specialists  
Tel: 914 145 117

### ROCOCCO

Ceramic and natural stone tiles.  
Rua Direita, Praia da Luz  
Tel: 282 764 035  
Mob: 967 839 114  
[roccocostone@msn.com](mailto:roccocostone@msn.com)

### ODEXLAR

Cleaning products for industry,  
hotels pools etc.  
Odiáxere  
Tel: 282 798 463  
[www.odexlar.com](http://www.odexlar.com)

### PALMEIRAS DO SUL

All building work, doors &  
windows  
Mob: 939 459 791  
[palsul@netvisao.pt](mailto:palsul@netvisao.pt)

### STONE CARE SERVICES

Specialists in the refurbishment  
& maintenance of natural stone  
Tel. 919 498 258  
[www.stonecare-services.com](http://www.stonecare-services.com)

### THE DRAIN DOCTOR

Plumbing & drainage company  
24 hours / 7 days a week  
Tel: 289 425 480

### TOFTS

Decorating & Painting  
Mob: 918 938 004  
Tel: 289 399 370

### VILLA GATES

Ornate & contemporary gates  
made to order  
Refurbishing of old gates  
Tel: 309 403 075  
Mob: 912 642 477

### ZONDA THE BBQ SHOP

EN125, close to the old Quatro  
Estradas junction  
289 356 233.

## Removals & Deliveries

### AIM

Removals & Storage  
Tel: 282 799 141  
[info@aim.com.pt](mailto:info@aim.com.pt)

### ALGARVE REMOVALS

Removals & Storage  
Tel UK: +44 (0) 1245 468 888  
Mob UK: +44 (0) 7711 179842 or  
Tel: 289 513 851  
Mob: 969 134 801  
[sales@algarveremovals.com](mailto:sales@algarveremovals.com)  
[www.algarveremovals.com](http://www.algarveremovals.com)

### EXPRESS 2000

Delivery services  
Mob: 917 626 037 or  
UK Tel: 0044 1342 703500  
email: [sales@express2000.co.uk](mailto:sales@express2000.co.uk)

### NEIL & EMILY

RICHARDSON  
Tavira  
Mob: 939 486 870  
Tel: 281 963 191  
[neilandem@sapo.pt](mailto:neilandem@sapo.pt)

### NEW CONCEPT

INTERNATIONAL  
Removals & Storage  
Tel: 289 395 105  
Mob: 968 031 955  
(+44) 845 004 6827

### STORAGE

U-Store Self Storage  
Urb. Ind. Maraleca, lote 26  
Chinichato, Lagos  
Tel/Fax: 282 798 490  
Mob: 917 010 365  
[www.u-store-portugal.com](http://www.u-store-portugal.com)  
[info@u-store-portugal.com](mailto:info@u-store-portugal.com)

FOR FULL DETAILS,  
PLEASE SEE OUR  
MAIN ADVERT

## Restaurants

### DON TORO

Steak House  
Almancil & Lagos  
Mob: 915 757 000  
[www.dontoro.com](http://www.dontoro.com)

### MR GRILLO

Rua António Joaquim Cabrita,  
Nº7, Porches.  
Closed on Sundays  
Tel: 282 381 176  
Mob: 962 391 984

### PASHMINA RESTAURANT

Most authentic Indian food  
Rua Largo Portas de Portugal,  
Lagos & Ave. do Pescadores,  
Praia da Luz  
Tel: 960 453 376

### RESTAURANTE

FLORESTAL  
Cosmopolitan menu  
Open: Tues-Sat. 12.00-2.30pm  
& 7.00-10.00pm  
Sun. Special Brunch 12-3pm  
Barão de S. João, Nr. Luz  
Tel: 282 687 204

### TAJ MAHAL

Original Indian cuisine  
Alvor  
Tel: 282 457 466  
[reservations@tajmahal.pt](mailto:reservations@tajmahal.pt)  
[www.tajmahal.pt](http://www.tajmahal.pt)

### THE BATTERING PLACE

Fish and chip shop  
Almancil  
Tel: 963 731 736  
[juliewhite@hotmail.com](mailto:juliewhite@hotmail.com)

### THE BEST PLAICE

Fish & Chip Shop  
Albufeira  
Tel: 289 592 318  
[boyjwj@yahoo.co.uk](mailto:boyjwj@yahoo.co.uk)

## Retail & Food

### ALGARVE BOOK CELLAR

Carvoeiro  
Tel: 282 085 713  
[raymond.compton@netvisao.pt](mailto:raymond.compton@netvisao.pt)

### ANDIFER BUTCHERY

English cuts & South African  
Delicacies  
Portimão  
Tel: 282 410 590

### CELEBRATIONS

■10  
Avenida da Liberdade, 154  
Cards, teddies, gifts &  
wrapping  
Albufeira (Old town)  
[delightfullcelebrqtions@](mailto:delightfullcelebrqtions@)  
[hotmail.com](mailto:hotmail.com)

### CENTRO COMERCIAL

PORTIMÃO  
Continente + 60 shops +  
6 Cinemas + 12 Restaurants  
Portimão  
Tel : 282 490 840  
[admin:ccp@SierraCentres.net](mailto:admin:ccp@SierraCentres.net)

### COLLECTIONS

Ladies fashion  
Quinta da Praia - Alvor  
Tel: 282 476 574  
[greening@sapo.pt](mailto:greening@sapo.pt)

### DA TERRA FARM SHOP

Lagoa  
Tel: 282 341 388  
email: [jameswatson@iol.pt](mailto:jameswatson@iol.pt)

### FI-LINE FASHIONS

■10  
Fashions  
Av do Rio, Ed. Almadraba,  
Loja B, Armação de Pêra  
Tel: 282 312 936

### GARDEUR DIRECT

Clothing  
Praia da Luz  
Tel: 282 788 630  
[www.gardeurdirect.com](http://www.gardeurdirect.com)

### GUYS & DOLLS

Childrens Shoes & clothes  
Greeting cards  
Av. 5 de Outubro, Blc. 4, R/c  
Esq. Almancil.  
Tel: 289 358 014  
Mob: 933 326 471

### LET THE MAGIC IN

British supermarket  
Algoz  
Tel: 282 575 061  
[weborder@letthemagicin.com](mailto:weborder@letthemagicin.com)

### M & J's

Mini Market  
Albufeira  
Tel: 289 592 318  
[boyjwj@yahoo.co.uk](mailto:boyjwj@yahoo.co.uk)  
[www.mj.foodstore.com](http://www.mj.foodstore.com)

### SUPERMARKET ROSSIO

Santa Barbara de Nexe  
Tel: 916 170 611

### THE ENGLISH BUTCHER

Butcher  
Almancil  
Tel: 289 395 859 / 289 397 289  
Mobile: 965 864 682

### THOMAS GREEN

British Supermarket  
Olhos de Água, Albufeira  
Tel: 289 541 119  
[albufeira@thomasgreen.pt](mailto:albufeira@thomasgreen.pt)  
[www.thomasgreen.pt](http://www.thomasgreen.pt)

### UK FOOD SUPPLIES

Suppliers of UK foods  
Tel: 911 084 888  
[sales@ukfoodsupsplies.com](mailto:sales@ukfoodsupsplies.com)  
[www.ukfoodsupsplies.com](http://www.ukfoodsupsplies.com)

## Sports & Activities

### BOATSHED

International Yacht Brokers  
Tel: 289 502 419  
Mob: 914 738 251  
[boats@boatshedalgarve.com](mailto:boats@boatshedalgarve.com)  
[www.boatsshedalgarve.com](http://www.boatsshedalgarve.com)

### COME FLY WITH ME

Aero Algarve providing scenic  
flight & banner towing  
Tel: 964 954 279  
[www.aeroalgarve.com](http://www.aeroalgarve.com)

### GAMES ROOM

EQUIPMENT  
Vilamoura  
Mob: 917 846 242  
[info@fnorth.net](mailto:info@fnorth.net)

### VALE DE MILHO GOLF

Carvoeiro  
Tel: 282 358 502  
[valedemilhogolf@mail.telepac.pt](mailto:valedemilhogolf@mail.telepac.pt)  
[www.valedemilhogolf.com](http://www.valedemilhogolf.com)

## Satellite systems

### SOS DIGITAL

satellite TV systems  
Tel: 916 378 722  
[www.soskydigital.com](http://www.soskydigital.com)  
[soskydigital@msn.com](mailto:soskydigital@msn.com)

### SKYNET

Satellite systems  
Tel: 964 890 260  
[skynet@live.com.pt](mailto:skynet@live.com.pt)

### SKY REALM

■10  
Satellite systems  
Tel: 918 887 775.  
[skyrealm@hotmail.co.uk](mailto:skyrealm@hotmail.co.uk)

## Telephones & Communications

### DIRECTORY ENQUIRIES

IN ENGLISH  
National & International  
Tel: 760 50 60 70



# Comfy Collars come to Paws4Pets



For some time now my friends in the UK have been telling me about these Comfy Collars, equally clients have been to our store to ask for them. Eventually after a few 'brick walls' they are finally with us.

I suspect most pet lovers that read this will at some time had to cope with a dog (or cat which doesn't bear thinking about!) in one of the 'lampshade' collars either post surgery or to stop

scratching. Try living with an Old English Sheepdog in one. Poor Sandy had to wear them with ear problems many times. The house in the UK was a nightmare as she bashed into door frames which then tilted and hurt her head. Eating and drinking was a challenge which involved me in repositioning her bowls all through her meal. My legs suffered as well! Sandy really hated it. I remember one occasion about a week before we left the UK for the drive down here she became very stressed by suitcases etc., (obviously she thought we were leaving her) she nibbled a hole in her back. Result being she had to do the trip down here, in the car, with Lennie, in her

lampshade. It was such a struggle for both her and us—and Lennie who was in the firing line constantly as Sandy moved her head 'head butting' him with her lampshade. These Comfy Collars are used as an alternative to the traditional lampshade collar, to reduce the stress suffered by cats and dogs that are recovering from surgery or minor injuries. Unlike the Elizabethan collar, the comfy collar does not restrict the field of view, so your dog or cat is less likely to bash into furniture. It is also much easier for them to see and reach their food bowl. If you've ever seen a dog or cat trying to eat whilst wearing a lampshade collar you will know just how difficult and stressful that can be!

Each comfy collar has a scratch and bite resistant outer layer and a separate inflatable inner tube, with a velcro fastening strap on the outside edge and fabric hoops to secure against your pet's collar on the inside edge. The top-up valve can be accessed through

the outer layer and pushed in so that it stays flush. There is also a zip on the outer layer for easy removal of the inner tube.

The comfy collar is available in five sizes so there should be a size for all, cats and dogs. When fitting the Comfy Collar please ensure that your pet is unable to reach any of the affected areas. With any type of collar (including Elizabethan collars) if you have a breed with a longer body, such as a Dachshund, they may be able to reach their hind quarters, and some may be able to reach tips of tails and bottom of paws.

They come highly recommended by several Bearded Collies (and they are a very fussy breed, intelligent as well) in the UK who found the whole experience much less stressful and recovery from surgery was quicker. Just email or ring us for any further detail.

Jan Cobley  
Paws 4 Pets 916 273 376  
www.paws4pets.net

Just email or ring us for any further detail.

Jan Cobley  
Paws 4 Pets 916 273 376  
www.paws4pets.net

Just email or ring us for any further detail.

Jan Cobley  
Paws 4 Pets 916 273 376  
www.paws4pets.net

## Hi There !



**FOFINHA** is a white 1 year old female cat with lovely blue eyes. We advertised her a few weeks ago saying that she was badly sterilised and a piece of ovary stayed behind causing her to enter into heat anyway. However, a brave vet offered us help, and operated on her and fixed the problem! It was necessary as no one wanted to give her a home because of the problem. Now, we hope that she will find a loving family who will want her. She is a gentle female cat, and now fully sterilised. She loves people, but she is not fond of other cats, she wants to be the only one. If you would like to have her as your pet, please contact us at:

sesimbra.bianca@gmail.com or see our site  
www.bianca.pt/english



## Flystrike

This occurs during the summer months and affects rabbits in particular. It happens when flies lay their eggs around a rabbit's bottom and within the faeces within the cage. When the eggs hatch the maggots feed on the faeces and then the flesh of the rabbit. It is a horrible thing to happen, but you can take steps to hopefully protect your rabbit.

Check your rabbit every day make sure his fur, especially around his bottom, is clean and not matted. You can clean him with warm water and mild soap and then dry him. If you find any maggots, get them off with tweezers and then contact the vet, especially if he has any sores. Make sure that your rabbit is fed a well balanced diet, as diarrhoea is usually a sign of lack of fibre in the diet.

During the summer change your rabbit's soiled bedding every day, as dirty bedding can be a magnet for flies. Then once a week thoroughly clean and disinfect the hutch, using a non toxic cleaner, making sure the hutch is dry before the new bedding goes in and your rabbit goes in.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death. All our advice is given freely and in good faith. Please always discuss any pet problems with a qualified veterinary surgeon or other professional.

Julie Pickering Paws 4 Pets 917 152 209  
www.paws4pets.net

## Missing our dog !



**BRETZEL** is medium height (40 cm high), male, short hair, light brown, curly tail with white tip, white breast. His name is Bretzel. He understands only German. Tel: 282 698 003 or 927 137 626.



## Please "unchain" this little

dog and adopt her! A 2 year old bitch, Lassie has been on a chain most of her short life. She went from a puppy on the streets to an elderly lady who used her as a "guard" dog on a chain! Recently the lady died and Lassie was left chained up with a gardener to feed her. She developed a terrible ear condition we have now been taking care of. Lassie is sweet and sociable with other dogs and cats but is still on a chain and desperately needs a free, new home. She has her vaccines and we will spay her. Please help and call Marie of 'Amigos do Museu' in São Brás de Alportel on 289 841 480.



Puppy looking for a home, Plus his 2 siblings equally as lovely... who have been in the dogs home now approx 7/8 weeks. He is fluffy fat and full of fun, he will be a big dog so a large garden is essential. Maybe somebody somewhere will be looking for exactly this boy, or his siblings. If you have any news on homes please call me on 935432221



**MARA** is a beautiful Boxer/Staffi X not older than 2 years. She was found abandoned on the beach 2 months ago. She was clearly feeding puppies but we never found them. Mara is very playful and enjoys long walks. She is very active and the ideal dog for a family! Garden highly recommended for Mara! She has been tested negative for heartworm, vaccinated, wormed, deflead and spayed. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



24 kittens are waiting for a home at the moment. From 6 weeks old / 4 months old, they are wormed, deflead and some are already vaccinated. Blacks, tabbies, tortoiseshell, white and Siamese. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



I have lovely pups waiting for a nice loving home. They will be medium adult size. Some are Labrador X and the others are mongrels. They are beautiful and very sweet with people. They are wormed and deflead for the moment. Call Valérie for a visit 913 860 865 or 282 342 823 (evenings) lili10.evann@yahoo.fr



## VIP Veterinary Surgery

VIP service...  
Portuguese prices!

- Book by appointment
- Air conditioned waiting area
- Quality Anesthetic and Oxygen
- English speaking (Portuguese translation available)
- On-site Xray facilities
- Friendly staff
- State of the art hospitalisation facilities

Tel: 282 782 282

Consulting Times:  
Mon-Fri: 9am-11am & 4pm-6pm Sat: 9am-12pm

www.vipveterinarysurgery.com  
Emergency Tel: 916 500 574

URB HORTA SENHORA DA GLORIA,  
LOTE 7, FRACAO B, 8600-548 LAGOS, PORTUGAL

Natural Grooming Shampoos and Conditioners by Doreen Paige. Used by Professionals to get that "Ready for Show" appearance and by Pet Lovers to bring out the Cuddly Lustre and Glow.



Oster Clippers for that easy to handle grooming session  
The new "Furminator" for easy removal of shedding coats on both Cats and Dogs



**NEW!! Comfy Collars**  
• An alternative to the traditional Elizabethan collar.  
• No more knocking over furniture or smashing into people and doors!  
Real Tripe Sticks and Pigs Ears for the love of your life!!



Travel Crates & Cages

SHOP.PAWS4PETS.NET

Paws 4 Pets  
The Best A Pet Can Get



Tel: 289 588 882  
Jan: 916 273 376  
www.paws4pets.net

Albufeira & On-Line



# Discover your own Egyptian oasis

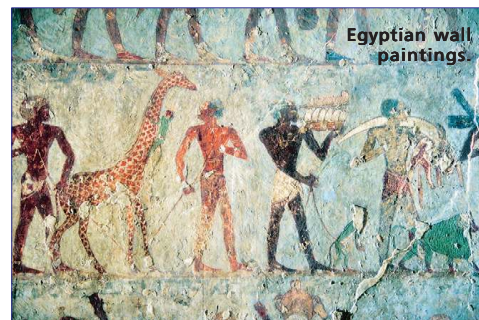
There's more to Egypt than the just pyramids, as we discover an Egyptian oasis.

There's more to Egypt than the Pyramids of Giza - the only surviving wonder of the ancient world - and a trip deep into the western desert reveals one of its less well-known treasures. A three-hour drive south from the coastal town of Marsa Matruh, and 350 miles south-west of bustling Cairo, Siwa Oasis is a settlement surrounded by date palms and olive groves.

But the 'oasis of a million palm trees' is more than a patch of green in the middle of an expanse of sandy desert. It boasts several

ancient ruins, including the Temple of the Oracle consulted by Alexander the Great and its own 'mountain of the dead' with tombs dating back to Roman and ancient Egyptian times.

Climbing that mountain, Gebel al-Mawta, gives a great view of the surrounding town, and there's a chance to see inside and gain a glimpse of wall paintings which have been preserved for centuries. Constant excavations have stripped away layers of the mountain, and remains of bones are scattered around the entrances to



Egyptian wall paintings.

what is left of the tombs themselves.

Less ancient but equally ruined is the strange old town of Shali in the centre of Siwa, a multi-layered pile of what look like melted buildings. And they are: three days of heavy rain in 1926 melted the salt blocks that form much of the building material and forced the townspeople to rebuild in the surrounding area.

The palm trees are so important to the area that they cannot be chopped down to make way for new development - and so houses are built around them. As a result, our hotel had several trees protruding through the dining room and up into the terrace where they give welcome shade from the sun and provided a handy source of freshly-picked dates!

Meals could be enjoyed Western-style at a table with chairs, or Bedouin-style on cushions around low tables, and the food was typically north African. The bedrooms were all rustic charm, constructed and furnished using the palm and olive trees which have been the traditional building materials here for centuries.

Unlike the Western bustle of

Cairo, Siwa is a traditional place - all the women are totally covered in public and there isn't a drop of alcohol to buy. However, they don't mind if you bring your own. You need at least a couple of days to really do the sites justice in the town.

We also headed out of town to see some of the places originally settled by the Bedouin community before they moved into Siwa itself, as well as the salt lakes and springs which rise like mirages out of the desert.

One of the highlights of the trip was the desert safari. We headed at speed out onto the sand dunes in a 4x4 and hurtled up and down the dunes in a series of stomach-churning drops.

Stopping at an oasis lake entirely surrounded by dunes for a swim, before heading to a part of the desert which is ancient even by Egypt's standards. Here the sand gives way to white and brittle ground - littered with the fossils of seashells dating back millions of years to when the Sahara was at the bottom of the sea. Then another oasis, this one complete with a hot spring, for dinner under the stars before heading back into

town.

No trip to Egypt would be complete without a visit to the Pyramids at Giza. At some 4,000 years old, they have certainly stood the test of time, although the tombs within them were raided long ago. Going bent double down dark, humid tunnels to reach the central burial chamber, which now contains nothing more than an empty stone tomb was not exactly a pleasant experience - but is definitely something to be able to say you've done.

Egypt is also famous for its belly dancing and its whirling dervishes, and we got a chance to see both on a Nile cruise, which also showed off the city by night. It was a world away from the donkey carts and sunsets over the

desert of Siwa, and hard to believe the two places were part of the same country - and the one trip.

## Travel facts

Emily Beament was a guest of On the Go Tours which offers the seven day Siwa to Alexandria group tour from £549/€633 (land-only), available monthly through 2009. Package includes B&B accom, two lunches, two dinners, tour guide, all transfers. Return flights to Cairo can be arranged from various regional departure points. On the Go Tours reservations: 00 44 (0) 20 7371 1113 and [www.onthegotours.com](http://www.onthegotours.com)

Emily Beament

(Past reviews can be seen on our travel website at: [www.travel-the-news.net](http://www.travel-the-news.net))

*Come and relax in luxury ...*

**ESTORIL EDEN**  
Hotel Apartments  
Sua Praia  
\*\*\*\*\*  
PORTUGAL

Avenida de Sabóia, 209 ã Monte Estoril 2769-502 Estoril Portugal  
Tel: +351 214 667 6 00 Fax: +351 214 667 6 01  
Email: [geral@hotelestorileden.pt](mailto:geral@hotelestorileden.pt) | <http://www.hotelestorileden.pt>

**Camel and drover.**

**Fine dining doesn't need to be expensive...**

Enjoy your choice of **Starter & Main Course** from our *à la carte* menu and let us delight you with our special **L'Olive Dessert** for only €39,00

**L'OLIVE**  
Our Promise ....  
*Finest Dishes from the grill*  
*Great Mediterranean flavours*  
*A unique ambience*

Vila Sol Algarve, A Renaissance SPA & Golf Resort  
Vilamoura | Tel. 289 320 320

**NEW ROUTE**

**PARIS (Only)**  
Wednesdays, Saturdays and Sundays  
[www.easyjet.com](http://www.easyjet.com)

**easyJet**

**2N2Z** Aeroportos Algarve

Flight information: +351 289 800 617 | [faro.airport@ana.pt](mailto:faro.airport@ana.pt) | Europe's gateway to the sun  
PC, pocket PC or PDA timetable downloads at [www.faroairport.com.pt](http://www.faroairport.com.pt)  
Choose your destination: [http://www.ana.pt/portal/page/portal/ANA/INOV\\_NOVOS\\_HORARIOS\\_TODOS](http://www.ana.pt/portal/page/portal/ANA/INOV_NOVOS_HORARIOS_TODOS)



**ALGARVE****SBC  
FORUM ALGARVE  
TEL: 289 887 212  
27 AUG-2 SEP**

**1 Igor**  
Animation PV  
(10.20 Sat & Sun)  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
13.05-15.15-17.30-19.55-22.10-00.35

**2 Blood: The Last Vampire**  
Gianna Jun, Allison Miller  
17.40-19.50-22.00-00.30  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
(10.40 Sat & Sun) 13.00-15.20

**3 Ice Age 3: Dawn of the Dinosaurs**  
Animation OV  
(10.45 Sat & Sun) 12.55  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
15.05-17.20-19.35-21.50-00.05

**4 Up**  
Animation  
OV: 14.40-21.40-00.00  
PV: (10.00-12.20 Sat & Sun) 17.00-19.20

**5 Inglourious Basterds**  
Brad Pitt, Eli Roth  
14.40-17.55-21.00-00.10  
**Up**  
Animation OV  
(10.00-12.20 Sat & Sun)

**6 G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
13.30-16.10-18.50-21.30-00.25  
**O Gato das Botas**  
<Animation PV

**7 Public Enemies**  
Johnny Depp, Christian Bale  
21.10-00.20  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
(12.10 Sat & Sun) 14.25-16.40-18.55

**8 The Proposal**  
Sandra Bullock, Ryan Reynolds  
15.40  
**17 Again**  
Zac Efron, Matthew Perry  
(10.10 Sat & Sun) 21.20  
**The Hangover**  
Bradley Cooper, Ed Helms  
23.50  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson  
(12.30 Sat & Sun) 18.05

**9 Ponyo on the Cliff by the Sea**  
Animation PV  
(10.45 Sat & Sun) 13.00-15.20-17.40-20.00  
**Passengers**  
Anne Hathaway, Patrick Wilson  
22.20  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
00.15

**CASTELLO LOPES CINEMAS  
ALGARVESHOPPING  
TEL: 707 220 220  
27 AUG-2 SEP**

**1 My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
13.40-16.20-19.00-21.40-00.10

**2 Up - Animation PV**  
13.00-15.05-17.10-19.15-21.20-00.20

**3 Up**  
Animation PV  
13.50-16.10-18.40  
**Blood: The Last Vampire**  
Gianna Jun, Allison Miller  
21.35-23.40

**4 Public Enemies**  
Johnny Depp, Christian Bale  
12.50-15.35-18.25-21.15-00.05

**5 Passengers**  
Anne Hathaway, Patrick Wilson  
13.30-15.50-18.30-21.25-23.30

**6 The Ugly Truth**  
Katherine Heigl, Gerard Butler  
13.20-16.00-18.35-21.30-00.00

**7 Ponyo on the Cliff by the Sea**  
Animation PV  
13.15-16.30-18.50



Inglourious Basterds  
Brad Pitt, Eli Roth  
21.45  
**8**

Inglourious Basterds  
Brad Pitt, Eli Roth  
12.45-15.45-18.45-21.45

**9 G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
13.10-15.40-18.20-21.10  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
23.50

**CASTELLO LOPES CINEMAS  
PORTIMÃO  
TEL: 707 220 220  
27 AUG-2 SEP**

**1 Up**  
Animation PV  
12.50-15.00-17.20-19.40-21.50-00.10

**2 My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
13.10-16.00-19.10-21.30-23.50

**3 Public Enemies**  
Johnny Depp, Christian Bale  
13.00-15.45-18.35-21.20-00.15

**4 G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
13.20-16.10-18.45-21.10  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
23.40

**5 The Ugly Truth**  
Katherine Heigl, Gerard Butler  
13.30-16.20-19.00-22.00-00.05

**6 Inglourious Basterds**  
Brad Pitt, Eli Roth  
12.40-15.40-18.40-21.40

**CENTRE****LUSOMUNDO  
ALMADA FORUM  
TEL: 707 246362  
27 AUG-2 SEP**

**Ponyo on the Cliff by the Sea**  
Animation PV  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**Blood: The Last Vampire**  
Gianna Jun, Allison Miller  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Passengers**  
Anne Hathaway, Patrick Wilson  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up - Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
**The Haunting in Connecticut**  
Virginia Madsen, Martin Donovan  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**The Hangover**  
Bradley Cooper, Ed Helms

**LUSOMUNDO  
ALVALÁXIA  
TEL: 21 754 9000  
27 AUG-2 SEP**

**Ponyo on the Cliff by the Sea**  
Animation PV  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**Blood: The Last Vampire**  
Gianna Jun, Allison Miller  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Passengers**  
Anne Hathaway, Patrick Wilson  
Up  
Animation PV & OV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson

**LUSOMUNDO  
AMOREIRAS  
TEL: 707 246362  
27 AUG-2 SEP**

**Ponyo on the Cliff by the Sea**  
Animation PV  
**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow  
**The Proposal**  
Sandra Bullock, Ryan Reynolds

**LUSOMUNDO  
CASCAISHOPPING  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**The Proposal**  
Sandra Bullock, Ryan Reynolds

**LUSOMUNDO  
COLOMBO  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV

**UCI CINEMAS  
EL CORTE INGLÉS  
TEL: 707 23 22 21  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Synecdoche, New York**  
Philip Seymour Hoffman, Emily Watson  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up  
Animation PV & OV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson  
**The Young Victoria**  
Emily Blunt, Rupert Friend  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Brüno**  
Sacha Baron Cohen, Gustaf Hammarsten  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation OV  
**The Hangover**  
Bradley Cooper, Ed Helms



■ OV = Original Version  
■ PV = Portuguese Version

**UCI CINEMAS  
FREEPORT  
TEL: 707 23 22 21  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
**The Hangover**  
Bradley Cooper, Ed Helms  
**The Haunting in Connecticut**  
Virginia Madsen, Martin Donovan

**LUSOMUNDO  
VASCODAGAMA  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV

**UCI CINEMAS  
DOLCE VITA TEJO  
TEL: 707 23 22 21  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**Blood: The Last Vampire**  
Gianna Jun, Allison Miller  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
**The Hangover**  
Bradley Cooper, Ed Helms

**NORTH****UCI CINEMAS  
ARRÁBIDA SHOPPING  
TEL: 707 23 22 21  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**Blood: The Last Vampire**  
Gianna Jun, Allison Miller  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Passengers**  
Anne Hathaway, Patrick Wilson  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up  
Animation PV & OV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow  
**Nothing But The Truth**  
Kate Beckinsale, Matt Dillon

**The Boat That Rocked**  
Philip Seymour Hoffman, Bill Nighy  
**The Haunting in Connecticut**  
Virginia Madsen, Martin Donovan  
**Transsiberian**  
Woody Harrelson, Ben Kingsley  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Brüno**  
Sacha Baron Cohen, Gustaf Hammarsten  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV & OV  
**The Hangover**  
Bradley Cooper, Ed Helms  
**State of Play**  
Russell Crowe, Ben Affleck

**LUSOMUNDO  
DOLCE VITA COIMBRA  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**17 Again**  
Zac Efron, Matthew Perry  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow  
**Harry Potter and the Half Blood Prince**  
Daniel Radcliffe, Emma Watson  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV

**LUSOMUNDO  
DOLCE VITA DOURO  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**17 Again**  
Zac Efron, Matthew Perry  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow

**LUSOMUNDO  
PALÁCIO DO GELO  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**The Proposal**  
Sandra Bullock, Ryan Reynolds

**LUSOMUNDO  
BRAGA PARQUE  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up  
Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**The Proposal**  
Sandra Bullock, Ryan Reynolds

PV = Portuguese version  
OV = Original version

**LUSOMUNDO  
DOLCE VITA PORTO  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up - Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale

**LUSOMUNDO  
MAIA SHOPPING  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
Up - Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow

**LUSOMUNDO  
GAIA SHOPPING  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**Ponyo on the Cliff by the Sea**  
Animation PV  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
Up - Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
**The Uninvited**  
Emily Browning, Elizabeth Banks  
**The Haunting in Connecticut**  
Virginia Madsen, Martin Donovan

**LUSOMUNDO  
NORTE SHOPPING  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**My Life in Ruins**  
Nia Vardalos, Richard Dreyfuss  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
Up - Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**Two Lovers**  
Joaquin Phoenix, Gwyneth Paltrow

**LUSOMUNDO  
PARQUE NASCENTE  
TEL: 707 246362  
27 AUG-2 SEP**

**Inglourious Basterds**  
Brad Pitt, Eli Roth  
**The Ugly Truth**  
Katherine Heigl, Gerard Butler  
**Passengers**  
Anne Hathaway, Patrick Wilson  
**4 Copas**  
João Lagarto, Nuno Viriato  
Up - Animation PV  
**G.I. Joe: The Rise of Cobra**  
Channing Tatum, Dennis Quaid  
**Public Enemies**  
Johnny Depp, Christian Bale  
**17 Again**  
Zac Efron, Matthew Perry  
**Hannah Montana: The Movie**  
Miley Cyrus, Lucas Till PV  
**The Haunting in Connecticut**  
Virginia Madsen, Martin Donovan  
**The Proposal**  
Sandra Bullock, Ryan Reynolds  
**Ice Age 3: Dawn of the Dinosaurs**  
Animation PV  
**The Hangover**  
Bradley Cooper, Ed Helms  
**Coco Avant Chanel**  
Audrey Tautou, Alessandro Nivola



"A little boy and a little girl, love and responsibility, the ocean and life - these things, and that which is most elemental to them, are depicted in the most basic way in *Ponyo*."

Hayao Miyazaki,  
Director



## Ponyo



From the Academy Award-winning director and world-renowned Japanese animation legend Hayao Miyazaki comes *Ponyo on the Cliff by the Sea* (original title: *Gake no ue no Ponyo*), a story inspired by Hans Christian Andersen's fairy tale *The Little Mermaid*. Already a box-office success in Japan, the story of a young and overzealous goldfish named Ponyo and her quest to become human features an outstanding roster of voice talent, including Cate Blanchett, Matt Damon, Tina Fey, Cloris Leachman, Liam Neeson, Lily Tomlin and Betty White.



One of the most respected and admired filmmakers working today, Hayao Miyazaki consistently transports moviegoers into worlds of fantasy unlike anything they've experienced. This time, Miyazaki takes moviegoers on a magical new adventure that celebrates the power of innocent love and the beauty of the natural world in his latest animated triumph.

The only foreign director to win the Oscar for Best Animated Feature for *Spirited Away*, Miyazaki is a hero to animators, animation fans and audiences around the world.

Miyazaki says the look of the ocean in *Ponyo* was sig-

nificant. "If a child looks at the sea, it could look like a living creature," says the director. "I made the film with the idea that the ocean is a living thing".

Ponyo (voiced by Noah Cyrus) is a mischievous and adventurous little goldfish, who drifts away from the undersea home she shares with her father, the wizard Fujimoto (voiced by Liam Neeson), and hundreds of little sisters. Far from her home, she meets Sosuke (voiced by Frankie Jonas), a 5-year-old boy who lives by the sea. Sosuke gently cares for his new pet and quickly wins Ponyo's heart.

Ponyo's father, desperate for his daughter to return to their undersea home, uses his magic to bring her back. But Ponyo, ever the stubborn little goldfish, longs to return to her special friend. She magically transforms herself into a little girl and finds her way back to Sosuke's house where she and her friend embark on a series of adventures.



*Inglourious Basterds* is a war film written and directed by Quentin Tarantino. The title of the film was inspired by Italian director Enzo Castellari's 1978 movie *The Inglorious Basterds*, but it is not a remake of that film. *Inglourious Basterds* was entered at the 62nd Cannes Film Festival. It was the only U.S. film to win an award at Cannes, earning a Best Actor award for Christoph Waltz.

*Inglourious Basterds* stars Brad Pitt, Mélanie Laurent, Christoph Waltz, Eli Roth, Michael Fassbender, Diane Kruger, Daniel Brühl, Til Schweiger, Gedeon Burkhard, BJ Novak, August Diehl and Mike Myers.

## INGLOURIOUS BASTERDS

*Inglourious Basterds* begins in German-occupied France, where Shosanna Dreyfus (Mélanie Laurent) witnesses the execution of her family at the hand of Nazi Colonel Hans Landa (Christoph Waltz). Shosanna narrowly escapes and flees to Paris where she forges a new identity as the owner and operator of a cinema.

Elsewhere in Europe, Lieutenant Aldo Raine (Brad Pitt) organizes a group of Jewish American soldiers to perform swift, shocking acts of retribution. They're trying to win a psychological, guerilla war against the Nazis. Later known to their enemy as "the basterds", Raine's squad joins German actress and undercover agent Bridget von Hammersmark (Diane Kruger) on a mission to take down the leaders of the Third Reich. Fates converge under a cinema marquis, where Shosanna is poised to carry out a revenge plan of her own...

TIL SCHWEIGER IS A BASTERD



BRAD PITT IS A BASTERD



MÉLANIE LAURENT IS A BASTERD



DIANE KRUGER IS A BASTERD



## Film Classification

Ponyo on the Cliff by the Sea - M/6  
Inglourious Basterds - M/16  
My Life in Ruins - M/12  
Blood: The Last Vampire - M/16  
The Ugly Truth - M/12  
Passengers - M/12

Synecdoche, New York - M/12  
Up - M/6  
G.I. Joe: The Rise of Cobra - M/12  
Public Enemies - M/12  
17 Again - M/12  
Hannah Montana: The Movie - M/6  
The Uninvited - M/12

Two Lovers - M/12  
The Haunting in Connecticut - M/16  
The Proposal - M/12  
Brüno - M/12  
Ice Age 3 - M/6  
The Hangover - M/12

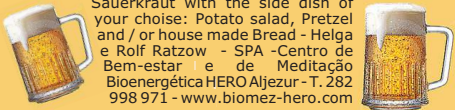
M/4 - Suitable for audiences aged four years and over  
M/6 - Suitable for audiences aged six years and over  
M/12 - Suitable for audiences aged 12 years and over  
M/16 - Suitable for audiences aged 16 years and over  
M/18 - Suitable for audiences aged 18 years and over





## HIGHLIGHTS

**ALJEZUR - Beer Fest - Saturday, 5th September from 12h00 to 22h00** - Enjoy in good company: Brunch with Draught Beer, typical Bavarian white sausages, grilled sausages 'Bratwurst' the popular smoked and grilled sausages 'Kraukauer', Bavarian meatloaf 'Leberkäse', Smoked Pork with Sauerkraut with the side dish of your choice: Potato salad, Pretzel and / or house made Bread - Helga e Rolf Ratzow - SPA - Centro de Bem-estar e de Meditação Bioenergética HERO Aljezur - T. 282 998 971 - www.biomez-hero.com



**MONCHIQUE** - Seven artists of various nationalities chose the Algarve as the theme for their group exhibition entitled 'Magical Algarve' which opens at Arte Algarve Gallery in the main square Monchique on Sunday, September 6 at 11h00 and continues until October 9. The artists are Caroline da Costa, Christine Páris Montech, Cony Welcker, Corine Thion, Ernesto Mies, Peter de Jong and Rosário Mendes and paintings and sculptures will be on show. The gallery is open Tues-Fri 11h00-16h00.



## chá d'ARTE

**LOULÉ - 28th August - Inauguration of the Solo Exhibition 'Retratos Românticos' (Romantic Portraits) by the artist Henrique Silva - 21h30** - The exhibition will run until 24th September - D. Pedro Square, ground floor nº 5-6 - 918 639 810 - chadarte@sapo.pt



**PERA - Until Oct 22 - FIESA 2009 - 'Discoveries' - VII International Sand Sculpture Festival** - The greatest Sand City in the World - Snack Bar, Shops, Bungee Jumping, Daily Sand Sculpture Activities, Magical Nights of Sound and Light, Video projections from Making of - **Prices:** Adults: €8; Children from 6 to 12 years old: €4.5; Free up to 5 years old - Special conditions for groups: 969 459 259 / 61 or fiesa@prosandart.com - **Daily Agenda:** 10h-13h/16h-20h: Free Sand Sculpture Activities for all ages: 21h-24h: Video projections with documentary images of the construction of Fiesa2009; **Sunday to Thursday:** 19h-23h Street Arts and Circus Animation; **Friday:** 21h-24h Chill Out DJ Party Festival; **Saturday:** 21h-24h DJ Sir Aiva Chill Out, Nu-Jazz or Downtempo - **How to get there:** From the highway A22 exit 8 (Algoz/Perla); From EN125, at Pera follow directions - GPS 37°07' 43.35" N / 8°19' 56.04" W - Construction site on the road to Algoz - Open daily from 10h00 to 24h00 (from 22 Sep to 22 Oct open from 10h00 to 21h00) - 969 459 259 - www.fiesa.org



**TAVIRA - 24 to 27th September - Tavira host Sport Zone Experience** - After the greatest success of Sport Zone Island, Tavira will get ready to receive another 4,000 participants for Sport Zone Experience. This time with new activities, workshops, demos, urban sports and the same magic - The Island of Tavira has become small for the many participants of Sports Island last year, so, the organization thought to offer you ISM / Sports Experience - Like the Sports Island, this event is created to promote sport experiences in a special place with the same professionalism and quality - Info: 927 514 836 - info@international-sports-meeting.com

## ALMANCEIL

UNTIL OCTOBER 1

**Exhibition 'Covers and Narratives' by Carlos Barão** - Centro Cultural São Lourenço - 289 395 475 - ccs@iol.pt - www.centrocultural.sao-lourenco.com



SEPTEMBER 23 &amp; 26

**September concerts** - 23rd: Debra Fast (violin) & Sandro Ivo Bartoli (piano); 26th: Sandro Ivo Bartoli (piano) - Centro Cultural São Lourenço - 289 395 475 - ccs@iol.pt - www.centrocultural.sao-lourenco.com

## LAGOA

UNTIL AUGUST 30

**FATACIL - Handicrafts, tourism, agriculture, commerce & industry Fair** - 16h00 to 1h00 - Musical entertainment is one of the high points and eateries serving some of the best regional cuisine - Concerts by: 29th 'Xutos & Pontapés'; 30th 'The Stranglers' - Municipal Fairground - 282 353 453

## LAGOS

AUGUST 29

**Loulabell Ball presented by The Leanne Faulkner Memorial Charity Trust** - The Charity event not to be missed...! - Boavista Golf Club from 19h00 till late - Live music with Branded followed by a Disco to dance the night away - €40 / person (€20 for children under 12) which include: welcome drink, 3 course meal, wine and coffee - Shelly: 969 264 750 / 282 624 109; Sam: 968 447 984 / 282 789 961



SEPTEMBER 1-10

**Exhibition by Sylvain Bonnard & Tara Cohen** - Tile paintings & ceramic sculptures - Lagos' Regimental Armazém - From 11h00 - 23h00 - The Armazém Regimental is on Praça do Infante D. Henrique - 282 762 055

2ND SUNDAY OF THE MONTH

**A Charity Shop with a difference** set in the beautiful countryside of Monte Ruivo, Odiáxere - Nearly new clothes, many items for sale, cold drinks available - Lovely peaceful country walks - Call Bridget Hicks for directions on 282 687 334 (Lagos Animal Protection Society - LAPS)

## MONDAYS

**The New Orleans Jazz Band Live** - Free - 20h30 - Tivoli Hotel - R. Vasco da Gama - T. 289 591 804

## LOULÉ

UNTIL AUGUST 29

**Exhibition 'Creatures' by Joana Vasconcelos** - Espírito Santo Art Gallery - www.cm-loule.pt

## SOUTH

UNTIL AUGUST 30

**Photo Exhibition 'Destiny/ Destino' by Kärstistiege** - Cloisters of the Espírito Santo Convent - 289 400 600

UNTIL OCTOBER 5



**Dance of the Bears - 'Evolution' The journey of ten thousand miles begins with the first step** - The Dance of the Bears exhibition on a bear statue created by Karl Heinz with outstanding 3D artwork of 26 artists under the theme 'Evolution' - Quinta dos Vales organized the event - A couple of white 'canvases' (bears) will be on display for further artists, spectators, students to express their own view on the theme 'evolution' - Organized by Quinta dos Vales

## PADERNE

DAILY

**Exhibition at Galeria Corte-Real** featuring paintings by John Lamony and Paula Will - The gallery has also a collection of handmade ceramics - Thu-Sun from 11h-17h - Signed post from Ferreiras, Boliqueime & Paderne - 918 980 199 / 912 737 762

## PERA

UNTIL OCT 22

**FIESA 2009 'Discoveries' the International Sand Sculpture Festival** (See highlights left) - Construction site on the road to Algoz - Open daily from 10h00 to 24h00 (from 22 Sep to 22 Oct open from 10h00 to 21h00) - 969 459 259 - www.fiesa.com

## PORTIMÃO

Until August 30

**'Stock Out' Good brands at low prices (clothes, accessories, footwear, etc) at great prices** - a chance to buy - 27th & 28th: 19h00 to 24h00 & 29th & 30th: 18h00-00h00 - On the riverfront

SEPTEMBER 4

**Common Blue Musical Animation** - 22h00 - Next to 'Centro Saúde'

UNTIL SEPTEMBER 11

**Exhibition 'O Pintor Morreu'** - EMARP-Empresa Municipal de Águas e Resíduos de Portimão - 8h30 to 17h00 - Rua José António Marques, 17 - 282 400 260

## TAVIRA

AUGUST 29

**Music in the Church** - Org. Municipal Council - 281 320 500

AUGUST 29

**Summer Concert by 'As 3 Martas'** - República Square - 281 320 500

www.the-news.net

## NORTH

SEPTEMBER 4

**Concert by Orquestra Nacional do Porto - 21h00** - Casa da Música - T. 220 120 214

UNTIL SEPTEMBER 20

**Exhibition Serralves 2009: The Collection 20ANOS10** - Serralves Museum on D. João de Castro, 210 - T. T. 226 156 584 - www.serralves.pt

OCTOBER 22

**La Traviata** - La Traviata opera from Giuseppe Verdi - 21h30 - Coliseu do Porto on Rua Passos Manuel, 137 - T. 223 394 940 / 707 234 234 - See bottom of the page and www.coliseudoporto.pt

## PORTO

DAILY

**Casa da Música:** guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 - Tickets can be bought until 10 minutes before visit - Price: € 2; Free for children under 12 - T. 220 120 214 - Av. da Boavista, 604-610 www.casadamusica.com

DAILY

**Serralves Foundation:** Visits to the exhibitions - Sat: 17h-20h; Sun: 12h-13h - to the architectonic spaces (museum & casa de serralves) Sun: 15h-16h - to the park Sun: 11h-12h - Visits are free on the purchase of an entrance ticket to the museum - Rua D. João de Castro, 210 - T. 226 156 584 - www.serralves.pt

## CASCAIS

DAILY

**Cascais Cultural Centre** - Concerts, shows, exhibitions, & other events - shops, coffee shop & terrace - Open: 10h00-18h00 (Closed Mon) - Av. Rei Humberto II de Itália - 214 848 900

## ESTORIL

DAILY

**Show 'Space Invaders' at the Arena Lounge** - Also other shows, games, concerts and art - Casino Estoril - 214 667 700 - 214 825 400 - Info.estoril@estoril-sol.com

## LISBON

DAILY

**Influxcontemporary** is a new space dedicated to African Contemporary Art - Open Wed-Sat: 14h-19h - R. Fernando Vaz, 20B - 918 501 234 - www.influxcontemporary.com

UNTIL AUGUST 30

**Exhibition at 'A Arte da Terra'** - Modern, stylish and unique linen pieces created by the talented Miguel Gigante, from Covilhã - Rua Augusto Rosa, nº 40 - Rua de Augusto Rosa, nº 40 (next to the Cathedral) - T. 212 745 975 - mail: arte@net.sapo.pt - www.aartedaterra.pt

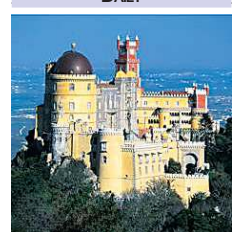
## SINTRA

DAILY



**Leal da Câmara Museum** - Calçada da Rinha, 67, Rinha - Also has access through Algueirão Velho, Fitaes and Meleças - 219164303 - Fax: 21 923 6150

DAILY



**Pena Palace** - The Palace dates back to 1839 - Visits info: Sintra City Hall on Largo Dr. Vergílio Horta - 219238500 - geral@cm-sintra.pt

www.the-news.net

## Lisbon Summer Concerts (Tickets: See details bottom page)

**September 28 - Green Day / 21st Century Breakdown Tour** - Pavilhão Atlântico - 20h00 - **October 10 - Diana Krall in Concert** - Jazz - Campo Pequeno - 22h00 - **October 30 - Backstreet Boys** - Pavilhão



**Atlântico** - 21h00 - **October 31 & November 1 - Mariza in Concert in Fado** - Concert - Coliseu dos Recreios - 22h00 -

Events may be cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: www.pavilhoatlantico.pt / www.ticketline.pt / www.blueticket.pt / Phone numbers: Ticketline 707 234 234 / 707 780 000



## BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Football Focus. (T) 12.00 BBC News; Weather. (T) 12.10 Formula 1: The Belgian Grand Prix - Qualifying. This afternoon's session at Spa-Francorchamps. (T) 2.10 Live Rugby League. Warrington Wolves v Huddersfield Giants (Kick-off 3.00pm). (T) 4.30 Final Score. (T)

5.15 BBC News; Regional News; Weather. (T)  
5.30 As Seen on TV. With Angela Griffin, Eamonn Holmes, Joe Pasquale and Dom Joly. (R) (T)  
6.00 Walk on the Wild Side. Comedy wildlife show, featuring a chimp undergoing a therapy session, the semi-final of Penguin's Got Talent, and a discussion on rhubarb. With the guest voice of Barbara Windsor. (T)

6.30 Total Wipeout: Champion of Champions. The 24 finalists compete to be crowned Champion of Champions. Last in the series. (T)

7.30 The National Lottery: Guesstimation. Nick Knowles presents the fast-paced game show in which families are challenged to outsmart their rivals by making informed guesses at the answers to a series of brain-teasers. At the end of each of the three rounds, guests take part in a studio challenge - with the contestants predicting the outcome. Includes Lotto, Dream Number and Thunderball draws. Last in the series. (T)

8.25 FILM: Meet the Fockers (2004). A hapless groom-to-be faces a new challenge when his in-laws meet his parents. Comedy sequel, with Ben Stiller and Robert De Niro. (T)

10.15 BBC News; Weather. (T) National Lottery Update. (T)

10.30 Match of the Day. Gary Lineker presents highlights of today's Premier League fixtures, including the first clash between two of the 'Big Four' this term, as Manchester United hosted Arsenal at Old Trafford. The Gunners took four points off the Red Devils last season, yet finished finished fourth in the table as United went on to win the league. Also, Chelsea entertained new boys Burnley at Stamford Bridge and Bolton Wanderers welcomed Liverpool to the Reebok Stadium. (T)

11.50 The Football League Show. Manish Bhasin presents highlights and all the goals from today's fixtures in the Championship, League One and League Two. (T)

1.05 FILM: The Final Countdown (1980). Sci-fi adventure, starring Kirk Douglas and Martin Sheen. (T) Weatherview. (T) 2.50 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Fimbles; (R) (T) Take a Bow. (R) (T) 7.00 CBBC: Animalia. (R) (T) 7.25 Sportsround. (R) (T) 7.40 Funky Fables. (R) (T) 7.50 Elton Kid. (R) (T) 8.05 Wolverine and the X-Men. (R) (T) 8.30 Richard Hammond's Blast Lab; (T) Diddy Dick & Dom. (T) 9.00 Skate Nation. (T) 10.00 Best of Friends. (R) (T) 10.30 Hider in the House. (R) (T) 11.30 Young Dracula. (R) (T) 12.00 FILM: A Night to Remember (1958). fact-based drama, starring Kenneth More. (T) (bw) 2.00 Live Rowing. The World Championships in Poznan, Poland. (T) 3.30 Animal Park. (T) 4.00 Sacred Music. (R) (T) 5.00 FILM: Carry On Henry (1971). Comedy, starring Sid James. (T) 6.30 Dad's Army. (R) (T) 7.00 BBC Proms 2009. David Zinman conducts the Tonhalle Orchestra Zurich at the Royal Albert Hall, with performances of Schubert, Mahler and Gollup. (T) 9.00 Have I Got a Bit More News for You. Celebrity guests join in the fun on the satirical current affairs quiz, with regular team captains Ian Hislop and Paul Merton. (R) (T) 9.40 Shooting Stars. Vic Reeves and Bob Mortimer return for the anarchic quiz. Christine Bleakley, Paddy McGuinness and DJ Ikonik join captains Jack Dee and Ulrika Jonsson this week. (R) (T) 10.10 Shooting Stars: The Inside Story. (R) (T) 11.10 The Funny Side of Live TV. (R) (T) 12.10 The Edinburgh Festival Show. (R) (T) 1.00 FILM: Rosencrantz and Guildenstern Are Dead (1990). Comedy, starring Tim Roth and Gary Oldman. (T) 2.55 FILM: Atash (2004). Premiere. Drama, starring Hussein Yassin Mahajne. 4.40 Inside F1. (T) 4.55 Close.

## Pick of the Day

## ER (C4, 7.25pm)

The hugely popular US medical drama might have bowed out in style on More4 back in April, but that doesn't mean we can't reminisce about its brilliance by watching the last series again on terrestrial television. Like all ten seasons of Friends, which is on a seemingly never-ending repeat-cycle on E4, the show's quality is obvious, and those shrewd TV execs at Channel 4 definitely know a good programme when they see one. Therefore, it comes as no surprise that the final series is being repeated on Channel 4 because, let's face it, it's better than a lot of the new programmes showing at the moment. In this episode, life at County General Hospital becomes more hectic than normal when a camera crew shooting footage for a documentary arrives to interview members of the ER staff. However, the interviews are put on hold when a police detective is rushed into the operating theatre with life-threatening gunshot wounds. Can the ER staff save the stricken copper's life? If that's not enough to keep you happy, then look our for George Clooney, Julianna Margulies and Susan Sarandon in the second of tonight's episodes.

## C4

5.55 Sali Mali. (T) 6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 World Sport. 7.30 British GT Championship. 8.00 The Morning Line. (T) 8.55 T4: Yo Gabba Gabba. (T) 9.25 T4: Friends. (R) (T) 9.55 T4: JLS Love Jacko: Top 10. (T) 11.00 T4: Friends. (R) (T) 11.30 T4: Mika - Through the Looking Glass. (R) (T) 12.00 T4: Rockcorps 2009. (T) 12.20 T4: Big Brother. (R) (T) 1.25 T4: Big Brother. (R) (T) 1.55 Channel 4 Racing from Goodwood, Newmarket and Beverley. Including the 3.10totesport.com Celebration Mile (1m). (T) 4.00 Gok's Fashion Fix. (R) (T) 5.00 Come Dine with Me. (R) (T) 5.30 Come Dine with Me. (R) (T) 6.00 Come Dine with Me. (R) (T) 6.30 Come Dine with Me. (R) (T) 7.00 Channel 4 News. (T) 7.25 ER. Members of staff are interviewed at the hospital as part of a documentary. A detective is brought in with gunshot wounds, and Carter's condition deteriorates. Noah Wyle stars. (T) 8.20 ER. Benton visits Carter as he waits for a kidney transplant, while Dr Ross has to persuade a grieving woman to donate the organs of her grandson. Guest starring George Clooney. (T) 9.15 Big Brother. Highlights of the latest goings-on inside the Big Brother house. (T) 11.15 FILM: Final Destination 3 (2006). Teenagers who narrowly escaped death in a disaster meet mysteriously gruesome fates. Horror sequel, starring Mary Elizabeth Winstead and Ryan Merriman. (T) 12.00 Big Brother's Big Mouth. 1.05 Big Brother Live. 4.00 Scrapheap Challenge. (R) (T) 4.55 Countdown. (R) (T) 5.40 The Hoobs. (R) (T)

## FIVE

6.00 Sunrise. 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (R) (T) 7.35 Mio Mao. (R) (T) 7.45 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.25 Bert and Ernie's Great Adventures. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 What Makes Me Happy. (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 The Grid. (T) 10.30 The Gadget Show. (R) (T) 11.30 FILM: Lost Horizon (1973). Musical fantasy, starring Peter Finch. (T) 2.10 FILM: To Sir, with Love (1966). Drama, starring Sidney Poitier. (T) 4.15 Five News. (T) 4.25 FILM: Accidental Hero (1992). Comedy drama, starring Dustin Hoffman. (T) 6.30 The Guardian. (T) 7.15 NCIS. A naval commander's body is washed ashore along with the corpses of two drug traffickers, but Gibbs refuses to believe he was involved in illicit activities. (R) (T) 8.15 NCIS. The team investigates a role-playing game which they believe may have caused the death of a sailor found at the bottom of the sea in his dress whites. Mark Harmon stars. (R) (T) 9.15 CSI: Crime Scene Investigation. Part one of two. Grissom announces he is leaving the team. (R) (T) 10.15 Law & Order: Special Victims Unit. (T) 11.15 True CSI. (R) (T) 12.15 Quiz Call. 4.00 The FBI Files. (R) (T) 4.45 Rough Guide to Activity Holidays. (R) (T) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Countrywise. (R) (T) 9.55 The Planet's Funniest Animals. (T) 10.55 Who Wants to Be a Millionaire? Celebrity. (R) (T) 11.55 ITV News and Weather; Weather. (T) 12.05 FILM: Murder, She Wrote: The Celtic Riddle (2003). Mystery, starring Angela Lansbury. (T) 1.50 The Michael Jackson Story. (T) 2.50 FILM: Homeward Bound: The Incredible Journey (1993). Animal adventure, with the voice of Michael J. Fox. (T) 4.20 London Tonight; Weather. (T) 4.35 ITV News and Weather. (T) 4.50 FILM: Back to the Future Part III (1990). Sci-fi comedy sequel, starring Michael J. Fox. (T)

7.00 The X-Factor. Simon Cowell, Cheryl Cole, Dannii Minogue and Louis Walsh make or break the dreams of another batch of aspiring pop stars as the audition tour arrives in Birmingham, before heading back to Manchester and London. Highlights include a 50-year-old Brummie with dreams of rock stardom and a 22-year-old Georgie woman who makes an impression on Cheryl. Presented by Dermot O'Leary. (T)

8.15 The Cube. Fitness instructor Nicky Sanford from London and support manager Fay Greaves from Ipswich compete in the game show in which contestants must complete tasks within the confines of a large transparent cube, hoping to walk away with the jackpot of #250,000. Each player has nine lives and must complete up to seven challenges, ranging from agility tests to skill trials. Hosted by Phillip Schofield. (T)

9.15 FILM: Miami Vice (2006). Premiere. Two undercover detectives infiltrate a drugs cartel. Crime thriller, based on the Eighties TV series, with Colin Farrell and Jamie Foxx. (T)

11.40 ITV News and Weather; Weather. (T)  
11.55 FILM: The Hitcher (1986). Thriller, starring Rutger Hauer. (T)

1.40 FILM: The Ballad of Cable Hogue (1970). Comedy Western, starring Jason Robards; (T) ITV News Headlines. 3.45 Crossing Jordan. (R) (T) 4.30 ITV Nightscreen.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## LOCAL

RTP1  
0630 Children TV 0800 Bom Dia Portugal 1100 Portugal Sem Fronteiras 1300 News 1415 Top+ 1600 Rouxinol Fadochou 1715 Há Festa Em... 1900 Pai & Força 2000 News 2100 Dá-me Música 2230 Os Contemporâneos 2300 Jogo Duplo 2330 Carga Pesada 0015 The Tudors, series 0200 Michael Jackson Live in Bucharest, concert 0400 Telealeas

RTP2  
0700 Euronews 0800 África 7 Dias 0830 Zig Zag 1400 Bones, series 1500 Sports 1900 Entre Pratos 1930 Bastidores 2000 Zig Zag 2100 Discovery Hour: Mexico Revealed 2155 A Hora da Sorte 2200 News 2240 Aquele Querido Mês de Agosto, film 0030 A Cara Que Mereces, film 0230 Sports 0615 Euronews

SIC  
0600 Etnias 0645 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 Our World 1300 News 1400 Episódio Especial 1445 Film 1630 Film 1815 Film 2000 News 2130 Salve-se Quem Quiser Famosos 2315 Não Há Crise 0015 Film 0230 Quando o Telefone Toca

TVI  
0700 Children TV 0830 Inspector Max 1030 Hannah Montana 1115 Deluxe 1215 Antevésio 1300 News 1400 Film 1600 Knight Rider 2008, series 1800 Morangos com Açúcar 2000 News 2115 Deixa Que Te Leve 2315 Flor do Mar 0030 Film 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Telealeas

## Best of the Rest

BBC3  
7.00 Maximo Park & Ian Brown @ Reading 8.15 Top Gear 9.15 Michael McIntyre's Comedy Roadshow 10.00 Arctic Monkeys @ Reading 12.20 Family Guy 12.40 American Dad! 1.05 Young, Dumb and Living Off Mum 2.00 Underage and Pregnant 2.30 Can I Get High Legally? 3.30 We Are Klank 4.00 Young, Dumb and Living Off Mum 5.00 Underage and Pregnant 5.30 Close

BBC4  
7.00 Only Connect 7.30 Seaside Steve: Bringing It All Back Home 8.00 Folk America 9.00 Folk America 10.00 Folk America 11.00 Odette Remembers 11.30 Folk America at the Barbican - Hollers, Stompers and Old-Time Ramblers 12.30 Later Folk America 1.30 Sing's Dylan 2.10 Seaside Steve: Bringing It All Back Home 2.45 Odette Remembers 3.15 Folk America at the Barbican - Hollers, Stompers and Old-Time Ramblers 4.15 Close

ITV2  
1.30 Anonymous 2.30 Film: Charlie and the Chocolate Factory PG (2005) 4.50 The Prodigy: The Hot Desk 5.00 The Xtra Factor: Rewind 6.00 The Xtra Factor 7.00 Superhuman: Genius 8.00 The Xtra Factor 9.15 Ghosthunting with Louis Walsh and Boyzone 11.15 The X-Factor 12.25 The Xtra Factor 1.30 Judge Judy 1.50 Teleshopping 4.50 ITV2 Nightscreen

Sky1  
1.00 Oops TV 1.30 Oops TV 2.00 Futurama 2.30 Futurama 3.00 Futurama 3.30 Futurama 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Noel's Are You Smarter Than a 10 Year Old? 9.00 Justin Lee Collins: High Diver 10.00 Lieto Me 11.00 Lie to Me 12.00 Bones 1.00 Road Wars 1.50 Inside: Supercops 2.40 Football Icon 3.30 Street Wars 4.20 Road Wars 5.10 Gladiators

GOLD  
1.05 Film: Carry On Spying U (1964) 2.45 Film: Hook U (1991) 5.30 Film: Carry On at Your Convenience PG (1971) 7.15 Film: Carry On Henry PG (1971) 9.00 Jonathan Creek 10.20 Film: The Hot Chick 12(2002) 12.25 Film: Carry On Spying U (1964) 2.10 The Two Ronnies 3.00 Close

TCM  
1.00 The Singing Nun U (1966) 3.00 Lust for Life PG (1956) 5.20 Critic's Choice PG (1963) 7.15 Murder Ahoy U (1964) 9.00 Boogie Nights 18 (1997) 12.00 Zandy's Bride PG (1974) 2.15 Boogie Nights 18 (1997) 5.00 The Singing Nun U (1966) The Disney Channel Kids' programmes from 7am, except: 4.00 Film: A Modern Twain Story: The Prince and the Pauper PG (2007) Drama, starring Cole and Dylan Sproule.

## Sky Movies Drama

6.00 The Neighbor 12 (2008) 7.40 Amazing Grace PG (2006) 9.40 Daylight Robbery 15 (2007) 11.25 Chaplin 15 (1992) With Robert Downey Jr. 1.55 Atonement 15 (2007) With Keira Knightley. 4.00 December Boys 12 (2007) With Daniel Radcliffe. 5.50 The Mexican 15 (2001) With Brad Pitt. 8.00 Elizabeth: The Golden Age 12(2007) With Cate Blanchett. 10.00 Perfect Stranger 15(2007) With Halle Berry. 12.00 What's Love Got to Do with It 18 (1993) With Angela Bassett. 2.00 The Grifters 18 (1990) With John Cusack. 4.00 Jack PG (1996)

## Sky Movies Action/Thriller

6.30 Angel Flight Down PG (1996) 8.05 Jaws 3 12 (1983) 9.50 Daylight 12 (1996) 11.50 The Kingdom 15 (2007) With Jamie Foxx. 1.50 Die Hard 2 18 (1990) With Bruce Willis. 4.00 The Incredible Hulk 12 (2008) With Edward Norton. 6.00 X-Men 12 (2000) With Hugh Jackman. 8.00 The Incredible Hulk 12 (2008) With Edward Norton. 10.00 X-Men 12 (2000) With Hugh Jackman. 11.50 Die Hard 2 18 (1990) With Bruce Willis. 1.55 The Corruptor 18 (1999) With Chow Yun-Fat. 3.50 Jaws 3 12 (1983) 5.35 Angel Flight Down PG (1996)

## Sky Movies Comedy

6.15 To Be or Not To Be PG (1983) 8.15 35MM 8.45 Hairspray PG (2007) 10.45 Mamma Mia! PG (2008) 12.45 Foot's Gold 12 (2008) With Matthew McConaughey. 2.45 South Park: Bigger, Longer & Uncut 15 (1999) With Trey Parker. 4.15 Houseitter PG (1991) With Steve Martin. 6.00 Hairspray PG (2007)

The cost of a bean is all it takes to talk to one of our readers

HOW?  
call our Sales Manager on 707 500 677



Lost in a foreign land?

If you can't make contact because you don't know the number, DQ can help we can find your number in one minute

Mon-Fri 09:30 - 18:00



from: fixed phones • call boxes, mobiles and mobiles on roaming  
National & International Business & Private

Calls cost 60c

directory enquiries

760 50 60 70

PART OF THE News GROUP Established 197

THE PORTUGAL News Established 1977

www.the-news.net



6.00 Breakfast. (T) 7.40 Match of the Day. (R) (T) 9.00 The Andrew Marr Show. (T) 10.00 The Big Questions. (T) 11.00 Country Tracks. (T) 12.00 BBC News. (T) 12.10 Formula 1: The Belgian Grand Prix. This afternoon's race at Spa-Francorchamps (Start-time 1.00pm). (T) 3.05 EastEnders. (T)

5.00 Songs of Praise. Aled Jones explores the link between religion and the environment, meeting a woman whose faith led her to keep pigs and visiting a 12th-century church with a surprise on the roof. (T)

5.35 BBC News: Regional News: Weather. (T)  
6.00 Antiques Roadshow. Fiona Bruce presents the second of two programmes from Dulwich Art Gallery in South London, where they examine items including an early illustration by Heath Robinson. (R) (T)

7.00 Countryfile. Matt Baker takes a look at the highlights from the past few months of Adam Henson's farming calendar, in which he demonstrated the challenges of earning a living off the land, and gets a progress report on the animals featured in the programmes. Including Weather for the Week Ahead. (T)

8.00 FILM: Becoming Jane (2006). Premiere. A young Jane Austen falls for a penniless lawyer, much to her family's dismay. Romantic period drama, with Anne Hathaway and James McAvoy. (T)

9.55 Outnumbered. The Brockman family has an eventful night - Ben is just back from another of his frequent visits to casualty, Jake is providing alibis for a friend, and Karen is writing an angry letter to the prime minister asking him to fire her teacher. During the night, a thunderstorm breaks over the house and Sue receives shocking news about her boss. Then, in the morning a policeman comes knocking at the front door. Domestic comedy, starring Hugh Dennis and Claire Skinner. Last in the series. (R) (T)

10.25 BBC News: Weather. (T)

10.45 Match of the Day 2. Adrian Chiles and guests review today's three Premier League games - Aston Villa v Fulham at Villa Park, Everton v Wigan Athletic at Goodison Park and Portsmouth v Manchester City at Fratton Park. The Cottagers went into their game having taken four points off the Villans last season, the Toffees had only previously lost one home fixture against the Latins and triumphed 4-0 in this meeting last term, while Pompey claimed a 2-0 win on City's most recent visit to the south coast. Plus, all the goals from yesterday's fixtures. (T)

11.45 FILM: Invincible (2006). Premiere. Fact-based sporting drama, starring Mark Wahlberg. (T) Weatherview. (T)

1.30 Sign Zone: Seaside Rescue. (R) (T) 2.00 Sign Zone: Holby City. (R) (T) 3.00 Sign Zone: Monty Halls' Great Escape. (R) (T) 4.00 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Fimbles; (R) (T) Take a Bow. (R) (T) 7.00 CBBC: 7.00 Uncle Max; (R) (T) Diddy Dick & Dom. (R) (T) 7.15 ChuckleVision. (R) (T) 7.30 Gimme a Break. (R) (T) 8.00 Da Dick and Dom Dairies. (R) (T) 8.30 MI High. (T) 9.00 Undercover Dads. (T) 10.00 Something for the Weekend. (T) 11.30 Ready Steady Cook. (R) (T) 12.15 Animal Park: Wild on the West Coast. (R) (T) 1.15 FILM: Guess Who's Coming to Dinner (1967). Comedy drama, starring Spencer Tracy and Katharine Hepburn. (T) 3.00 Rowing. (T) 4.15 Live Show Jumping. The European Show Jumping and Dressage Championships. (T) 5.35 Meerkat Manor. (T) 6.00 Coast. (R) (T) 7.00 Dragons' Den. Business ideas include an electric car, an invention to make the most of household sprays, curry trays, a new weight-loss system and a range of play equipment for kids. (R) (T) 8.00 Top Gear. Tom Jones is the Star in a Reasonably Priced Car. (R) (T) 9.00 A Night at The Office: Introduction. An evening dedicated to the first series of The Office. (T) 9.05 A Night at The Office: The Office. The first episode of the award-winning comedy. (R) (T) 9.35 A Night at The Office: The Office. A work experience trainee has a baptism of fire when she is exposed to a smutty picture of her new boss. Comedy, starring Ricky Gervais and Mackenzie Crook. (R) (T) 10.10 A Night at The Office: The Office. (T) 10.45 A Night at The Office: The Office. A staff training day turns into a sing-song. (R) (T) 11.25 A Night at The Office: The Office. (R) (T) 12.00 A Night at The Office: The Office. David faces a crisis of conscience. Last in the series. (R) (T) 12.35 FILM: Frozen (2005). Premiere. British thriller, starring Shirley Henderson. (T) 2.00 BBC News. (T) 4.00 Close.

## Pick of the Day

## A Night at the Office: Introduction (BBC2, 9pm)

It may be only eight years old, but it seems The Office has already been accepted as a fully-fledged comedy classic — and David Brent, the petty, insecure boss who's under the impression that his employees love him, has joined the likes of Del Boy Trotter and Basil Fawlty in the sitcom hall of fame. It's not just in the UK that the minutely observed politics of the Wernham Hogg paper merchants struck a chord. The series has been adapted in numerous other countries, including America, and made an international star out of Ricky Gervais. So for once there shouldn't be much moaning about the BBC showing too many repeats, as it dedicates an entire evening to celebrating The Office. As well as showing the first series in its entirety, each episode will come with a special introduction from creators Gervais and Stephen Merchant, as well as cast members Martin Freeman, Lucy Davis and Mackenzie Crook (who may know better as Tim, Dawn and Gareth). Celebrity fans including Ben Stiller, Matthew Perry, Richard Curtis and David Baddiel will also be on hand to offer their opinions on just what makes it so great.

## C4

6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 7.00 GT4 European Cup. (T) 7.30 Freesports on 4. (T) 8.25 The Track and Field Show. (T) 8.55 T4: Big Brother. (R) (T) 10.00 T4: Hollyoaks. (T) 12.35 T4: Big Brother's Little Brother. (T) 1.35 T4: Friends. (R) (T) 2.05 T4: Friends. Joey makes a deal with the caretaker. (R) (T) 2.40 T4: Ugly Betty. Amanda and Betty work together on an article. (R) (T) 3.35 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.35 Deal or No Deal. (T) 5.25 Scorpions Challenge. (T) 6.30 Channel 4 News. (T) 6.45 Atlantic Convoys: The War at Sea. (T) 7.45 FILM: Sahara (2005). An explorer sets out to find a cache of treasure rumored to be lost somewhere in the desert. Adventure, starring Matthew McConaughey and Steve Zahn. (T) 10.10 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.10 FILM: America's Sweethearts (2001). Romantic comedy, with John Cusack and Julia Roberts. (T) 1.05 Big Brother Live. 4.00 Benefit Bustlers. An unemployed former soldier considers claiming benefits for life. (R) (T) 4.55 Countdown. (R) (T) 5.40 The Hoobs. (R) (T)

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## FIVE

6.00 Sunrise. (T) 7.00 Milkshake!: Angels of Jarm. (R) (T) 7.05 Milkshake! Music Box. (R) (T) 7.15 Elmo's World. (R) (T) 7.35 Mio Mao. (R) (T) 7.45 Hana's Helpline. (R) (T) 7.55 Olivia. (R) (T) 8.05 The Adventures of Bottle Top Bill and His Best Friend Corky. (T) 8.20 Bert and Ernie's Great Adventures. (R) (T) 8.35 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.50 What Makes Me Happy. (R) (T) 9.00 Roary the Racing Car. (R) (T) 9.20 Rupert Bear. (R) (T) 9.35 Gerald McBoing Boing. (R) (T) 10.00 Snobs. (R) (T) 10.30 Everybody Hates Chris. (R) (T) 11.00 RSPCA: On the Frontline. (R) (T) 11.30 The Hotel Inspector. (R) (T) 12.30 Zoo Days Shorts. (R) (T) 12.35 FILM: The Prisoner of Zenda (1952). Swashbuckling adventure, starring Stewart Granger. (T) 2.35 FILM: North Sea Hijack (1979). Thriller, starring Roger Moore. (T) 4.35 Five News. (T) 4.45 FILM: Jason and the Argonauts (1963). Fantasy adventure, starring Todd Armstrong. (T) 6.55 Five News. (T) 7.00 FILM: Titanic (1997). A society girl falls in love with a penniless passenger during the liner's ill-fated voyage. Romantic drama, with Kate Winslet and Leonardo DiCaprio. Including Five News Update. (T) 10.45 FILM: Suspect (1987). Courtroom drama, starring Cheryl (T) 1.00 Boxing Classic. (R) 1.30 Boxing USA. (R) 2.45 Summer X Games. (R) 3.35 UEFA Cup Classics. (R) 5.00 Hana's Helpline. (R) (T) 5.10 The Milkshake! Show. (R) (T) 5.35 Thomas & Friends. (R) (T) 5.45 Roary the Racing Car. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 Britain's Favourite View. (T) 9.40 Coronation Street. (T) 11.10 Wish You Were Here: Now & Then. (R) (T) 11.40 Animals Do the Funniest Things. (R) (T) 12.40 The X Factor. (R) (T) 1.55 ITV News and Weather. (T) 2.00 The Unforgettable Kenny Everett. (R) (T) 2.30 FILM: Columbo: Swan Song (1974). Crime drama, starring Peter Falk and Johnny Cash. (T) 4.30 Agatha Christie's Poirot. (R) (T)

6.30 London Tonight: Weather. (T)  
6.45 ITV News and Weather. (T)  
7.00 Lewis. Oswald Cooper is the prime suspect in the rape of a teenage girl, but presents an alibi supported by three pillars of the community. When Cooper is murdered, Lewis discovers a web of deceit going back 20 years, in which the dead man was used by the trio to cover up a sordid series of secrets - but the case soon takes on a personal dimension for the inspector. Kwame Kwei-Armah, Sean McGinley, Richard McCabe and Daniela Nardini guest star, with Kevin Whately. (R) (T)

9.00 Wuthering Heights. First in a two-part adaptation of Emily Brontë's classic tale. In 1815, Mr Earnshaw returns home from Liverpool with orphan Heathcliff, who befriends his daughter Cathy but is resented by his son Hindley. Upon his father's death 10 years later, Hindley inherits Wuthering Heights and forces Heathcliff to live in the stables, while Cathy must choose between a life of comfort and her love for Heathcliff. Tom Hardy, Charlotte Riley, Andrew Lincoln and Sarah Lancashire star. Concludes tomorrow. (T)

10.30 ITV News and Weather. (T) 10.45 Britain's Love Story. Alex Best reveals the dramatic ups and downs of her love for football icon George Best in the 1990s, and nurse Ilona Eradham talks about how the Church reacted to her walking out on her husband and children to marry a patient in the 1980s. Narrated by Nimmy March. Last in the series. (R) (T)

11.45 Crossing Jordan. Garrett falls for the charms of a woman who has been accused of killing her boyfriend, while Jordan and Woody investigate the mysterious death of a pregnant nun. Crime drama, starring Jill Hennessy. (T) 12.40 Champions League Weekly. (T) 1.05 Nightwatch with Steve Scott. (T) 1.55 Kojak. (T) ITV News Headlines. 2.50 Countrywide. (R) (T) 3.15 Dog Rescue. (R) (T) 3.40 ITV Nightscreen.

**News**  
Established 1977  
All the latest at  
[www.the-news.net](http://www.the-news.net)

## LOCAL

## RTP1

0630 Children TV 0800 Bom Dia Portugal 1000 Mass 1100 Verão Total 1300 News 1415 Só Visto! 1515 Verão Total 1900 Pai & Força 2000 News 2100 Há Festa Em... 2230 Hora da Sorte: Sorleio do Joker 2245 Football Highlights 2330 Passenger 57, film 0115 Sense & Sensibility, film 0300 Só Visto! 0345 Teleales 0545 Euronews 0605 Nôs

## RTP2

0700 Euronews 0800 Música de África 0900 Caminhos 0930 70x7 1000 Nôs 1100 Da Terra ao Mar 1130 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Biosfera 1415 Iniciativa 1500 Sports 1900 Arte e Emoção 1930 Alma e a Gente 2000 The Simpsons 2110 Why Are Thin People Not Fat?, documentary 2200 News 2230 We Are the Aliens 2315 Communism: History of an Illusion 0015 Onda Curta 0100 Sports 0045 Biosfera 0530 Iniciativa 0645 Euronews

## SIC

0630 Sic Kids 0900 Disney Kids 1045 Tween Box 1200 BBC Wild Life 1300 News 1400 Fama Show 1445 Film 1630 Film 1815 Film 2000 News 2100 Grande Reportagem SIC 2145 TGV: Todos Gostam do Verão 2315 Não Há Crise 0015 Film 0230 Quando o Telefone Toca

## TVI

0700 Children's TV 0830 O Bando dos Quatro 0915 Inspector Max 1015 Smackdown, wrestling 1115 Mass 1300 News 1400 Film 1600 Film 1800 Film 2000 News 2115 Sentimentos 2300 Nasci P'ra Cantar 0045 House MD, series 0145 Sempre A Somar 0315 Film 0500 Teleales 0630 Todos Iguais

## Best of the Rest

## BBC3

7.00 Formula 1: The Belgian Grand Prix 7.45 Live MotoGP 9.00 Tough Guy or Chicken? 10.00 Family Guy 10.20 Family Guy 10.45 Radiohead @ Reading 12.35 Tough Guy or Chicken? 1.35 Formula 1: The Belgian Grand Prix 2.20 MotoGP 3.35 My Weapon Is a Dog 4.30 We Are Kiang 4.55 Underage and Pregnant 5.25 Close

## BBC4

7.00 The No.1 Ladies' Detective Agency 8.00 Who Killed the Honey Bee? 9.00 Rich Man, Poor Man - A Knight's Tale 10.00 Mark Lawson Talks to William Boyd 11.00 Island at the BBC 12.00 Keep on Running: 50 Years of Island Records 1.30 Who Killed the Honey Bee? 2.30 Rich Man, Poor Man - A Knight's Tale 3.30 Mark Lawson Talks to William Boyd 4.30 Close

## ITV2

1.40 The Prodigy: The Hot Desk 2.00 The Xtra Factor 3.00 The Cube 4.00 The Planet's Funniest Animals 4.30 Film: Sister Act PG (1992) 6.30 Girls Aloud: The Hot Desk 6.45 The X Factor 8.00 The Xtra Factor 9.00 What Katie Did

All the latest at  
[www.the-news.net](http://www.the-news.net)

**News**  
Established 1977

Next 10.00 Film: The Bodyguard 15 (1992) 12.35 The Xtra Factor 1.40 Entourage 2.10 Ladette to Lady 3.00 Teleshopping

## Sky1

1.30 Girls Aloud: Out of Control 3.00 UK Border Force 4.00 Futurama 4.30 Futurama 5.00 The Simpsons 5.30 The Simpsons 6.00 Futurama 6.30 Futurama 7.00 Grease: The School Musical 8.00 The Simpsons 8.30 The Simpsons 9.00 House 10.00 Cold Case 11.00 Justin Lee Collins: High Diver 12.00 Inside 1.00 Football Wars 1.55 Football Icons 2.50 Football Icons 3.45 Road Wars 4.40 Road Wars 5.05 Gladiators

## GOLD

1.00 Film: Carry On Again, Doctor PG (1969) 2.45 Film: Carry On Up the Jungle PG (1970) 4.30 Film: Carry On Loving PG (1970) 6.15 Film: Carry On Again, Doctor PG (1969) 8.00 Film: The Hot Chick 12 (2002) 10.05 Film: Calendar Girls 12 (2003) 12.15 Absolutely Fabulous 12.55 Absolutely Fabulous 1.35 Absolutely Fabulous 2.15 The Two Ronnies 3.00 Close

## TCM

1.00 Promise Her Anything PG (1966) 3.00 The Dark Crystal PG (1982) 4.50 Clash by Night PG (1952) 7.00 Jack Frost PG (1998) 9.00 Any Given Sunday 15 (1999) 12.00 Wait Until Dark 15 (1967) 2.05 Any Given Sunday 15 (1999) 5.00 Promise Her Anything PG (1966)

## The Disney Channel

Kids' programmes from 7am, except 4.00 Film: High School Musical 2 U (2007) Musical sequel, starring Zac Efron.

## MOVIES

## Sky Movies Drama

6.00 Instinct 15 (1999) 8.10 Silkwood 15 (1983) 10.25 The Legend of 1900 15 (1998) 12.35 What Dreams May Come 15 (1998) With Robin Williams. 2.35 Candies on Bay Street PG (2006) With Alicia Silverstone. 4.20 The Bone Collector 15 (1999) With Denzel Washington. 6.20 In the Land of Women 12 (2007) With Adam Brody. 8.00 The Other Boleyn Girl 12 (2008) With Natalie Portman. 10.00 Stop-Loss 15 (2008) With Ryan Phillippe. 12.00 Body of Evidence 18 (1992) With Madonna. 1.45 Sleepers 18 (1996) With Brad Pitt. 4.15 Loss of Faith PG (1997)

## Sky Movies Comedy

6.55 35MM 7.25 Romancing the Stone PG (1984) 9.15 Run, Fat Boy, Run 12 (2007) With Simon Pegg. 8.00 Death Becomes Her PG (1992) With Meryl Streep. 9.45 St Trinian's 12 (2007) With Rupert Everett. 11.30 Me, Myself and Irene 15 (2000) With Jim Carrey. 1.30 Over Her Dead Body 12 (2008) With Eva Longoria Parker. 3.10 Swing 15 (1999) 4.50 Project: ALF PG (1996)

## Sky Movies Action/Thriller

7.10 Airport 77 PG (1977) 9.10 The Terminator 15 (1984) 11.10 Next of Kin 15 (1989) With Patrick Swayze. 1.10 The Top Show 1.30 The Terminator 15 (1984) With Arnold Schwarzenegger. 3.30 Iron Man 12 (2008) With Robert Downey Jr. 5.40 Spider-Man 3 12 (2007) With Tobey Maguire. 8.00 Iron Man 12 (2008) With Robert Downey Jr. 10.10 Spider-Man 3 12 (2007) With Tobey Maguire. 12.35 Metro 18 (1997) With Eddie Murphy. 2.35 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 4.35 Airport 77 PG (1977)



**The Portugal News Group**  
Telecoms • Contact Centre •  
Directory Enquiries • IT •  
Fairs • Info: 707 500 677

## SPORT

## Sky Sports 1

6.00 Aerobics Oz Style 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday: Portsmouth v Manchester City (Kick-off 1.30pm). 3.30 Live Super Sunday: Aston Villa v Fulham (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Twenty20 International Cricket 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Twenty20 International Cricket 3.00 Football Special 4.30 Super Sunday: The Last Word 5.00 Wild Spirits 5.30 World Sport

## Sky Sports 2

6.00 Challenge Cup Final 7.30 Tri-Nations International Rugby Union 9.00 Indy Car Series 11.00 Speedway 2.00 Live Twenty20 International Cricket. England v Australia. 6.00 US Open Tennis 8.00 Golf Night 9.00 Live US Amateur Championship Golf. The final at Southern Hills Country Club. 11.00 US Open Tennis 1.00 Golf Night 2.00 US Amateur Championship Golf 4.00 Show Jumping 5.00 Powerboating 5.30 Ocean Adventures

## Sky Sports 3

6.00 Speedway 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Live European Tour Golf. The Johnnie Walker Championship at Gleneagles. 5.00 WWE: Experience 6.00 Show Jumping 7.00 Indy Car Series 9.00 WWE: Late Night - Afterburn 10.00

WWE Vintage Collection 11.00 Indy Car Series 1.00 Max Power 2.00 Women's Pool 3.00 Powerboating 3.30 Ocean Adventures 4.00 Max Power 5.00 Race World

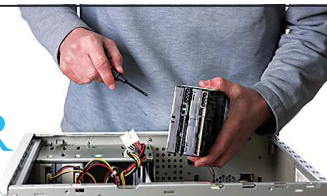
## British Eurosport

7.30 Live International Formula Master. The second race from Spa-Francorchamps in Belgium. 8.00 F1: The Factory 8.30 GP2 Series 9.30 Live GP2 Series. The sprint race from Spa-Francorchamps in Belgium. 10.30 Live Rowing. The final day of the World Championships from Poznan in Poland. 12.15 Triathlon 1.15 ATP Tennis 2.25 Cycling: Vuelta a Espana 3.00 Live Cycling: Vuelta a Espana. Coverage of stage two of the race in Holland. 4.50 euroCRASH! 5.00 Live US Tour Golf. The Barclays. 6.30 Equestrian 7.00 Live US Tour Golf. The Barclays. 11.30 Motorsports Weekend 11.45 Cycling: Vuelta a Espana 12.45 Motorsports Weekend 1.00 Close

## Sky Sports Xtra

6.00 Watersports World 7.00 Women's Pool 8.00 Show Jumping 9.00 Wild Spirits 9.30 Challenge Cup Final 11.00 Watersports World 12.00 Women's Pool 1.00 Indy Car Series 3.00 Women's Pool 4.00 Speedway 7.00 Women's Pool 8.00 Wild Spirits 8.30 Spirit of Yachting 9.00 Women's Pool 10.00 Show Jumping 11.00 Watersports World 12.00 Show Jumping 1.00 Speedway 4.00 Watersports World 5.00 Women's Pool

LET US BUILD  
YOUR COMPUTER



We can tailor-make a computer in our workshops just for you and in exact accordance with your needs.  
**EVERYTHING IN ENGLISH**  
Our technicians will install English language operating systems, deliver the computer and configure everything for you. They will transfer data from your old computer, plus all your previous settings, favourites, cookies, e-mail accounts leaving everything as you like it, but faster and better.  
**FROM ONLY €399<sup>(1)</sup>**



## BBC1

6.00 Breakfast. (T) 9.00 Saints and Scroungers. (T) 9.45 Escape to the Country. (R) (T) 10.45 Homes Under the Hammer. (R) (T) 11.45 Cash in the Attic. (R) (T) 12.30 Bargain Hunt. (R) (T) 1.15 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.35 Murder, She Wrote. (R) (T) 2.20 FILM: Mouse Hunt (1997). Slapstick comedy, starring Lee Evans. (T) 3.55 FILM: Goal! (2005). Sporting drama, starring Kuno Becker. (T)

5.45 Weakest Link. General knowledge quiz, with Anne Robinson, in which members of the public answer questions in the hope of winning a cash prize. (R) (T)

6.30 BBC News: Weather. (T)  
6.55 Regional News Programmes: Weather. (T)  
7.00 Edinburgh Military Tattoo 2009. Coverage of the prestigious event, now in its 60th year, celebrating the 250th anniversary of Robert Burns' birth and Scotland's year of Homecoming. Set against the backdrop of Edinburgh Castle, the performers include the Massed Pipes and Drums, the Royal Corps of Musicians from Tonga, the Central Band of the Swiss Army, She Huo cultural troupe from Xi'an in China and the Massed Highland Dancers. (T)

8.00 EastEnders. Zainab and Masood argue about their unborn baby, and Charlie returns with a new Russian girlfriend in need, while Trinac causes an embarrassing scene at Jordan's birthday party. (T)

**8.30 Framed.** One-off comedy drama, starring Trevor Eve and Eve Myles. When the National Gallery is flooded, all the paintings are transferred to a Welsh slate mine for safe-keeping, prompting two local children to concoct a scheme they hope will bring their estranged father home. Accompanying the pictures to the quiet village is reserved curator Lester, whose attitude starts to change when a misunderstanding brings him a new appreciation of art - and the prospect of love. Adapted by Frank Cottrell Boyce from his own novel. (T)

10.00 Would I Lie to You? TV presenter Claudia Winkleman and Celine Anderson, comedian Jason Manford and actor Miranda Hart join team captains David Mitchell and Lee Mack on the comedy panel show, in which they try to dupe their opponents with plausible lies about themselves. Presented by Rob Brydon. (T)

10.30 BBC News. (T)  
10.40 Regional News: Weather. (T)  
10.45 FILM: Forces of Nature (1999). Romantic comedy, starring Sandra Bullock and Ben Affleck; (T) Weatherview. (T)

12.30 Sign Zone: Bang Goes the Theory. (R) (T) 1.00 Sign Zone: Wildest Dreams. (R) (T) 2.00 Sign Zone: Desperate Romantics. (R) (T) 3.00 Sign Zone: What to Eat Now. (R) (T) 3.30 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 The Large Family. (R) (T) 7.20 Telly Tales. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Prank Patrol. (T) 8.30 The Legend of Dick and Dom. (R) (T) 8.55 Skunk Fu! (R) (T) 9.10 Eliot Kid. (R) (T) 9.25 League of Super Evil. (R) (T) 9.35 ChuckleVision. (R) (T) 9.50 Sam & Mark's Guide to Dodging Disaster. (T) 10.00 Horrible Histories. (R) (T) 10.30 The Slammer. (R) (T) 11.00 Animal Park. (T) 11.30 FILM: White Fang (1991). Adventure, starring Ethan Hawke. (T) 1.15 House Swap. (T) 2.00 Live Athletics. The British Grand Prix. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (R) (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 A Garden in Snowdonia. Adam Salvin restores an Italianate terrace to its former glory. (T) 7.30 Saving Britain's Past. Tom Dyckhoff visits the Park Hill flats in Sheffield, a housing estate that is protected by English Heritage even though years of decline and neglect have taken their toll. (T) 8.00 University Challenge. Newnham College, Cambridge, takes on Sussex. (T) 8.30 Caribbean Food Made Easy. Levi Roots cooks hot pepperpot stew with his mother. (T) 9.00 Future of Food. Possible solutions to the worsening food crisis. Last in the series. (T) 10.00 Hardcore Profits. Part one of two. The increasing profitability of the pornography industry. (T) 11.00 FILM: Kill Bill: Vol One (2003). Martial arts thriller, starring Uma Thurman. (T) 12.45 BBC News. (T) 3.30 Close.

## Pick of the Day

**Framed (BBC1, 8.30pm)**

There hasn't been a good drama for ages that's just as watchable for parents as it is for children. So thank the lord for this brand new one-off starring Trevor Eve and Eve Myles. Based on Frank Cottrell's best-selling children's novel, this is the story of 10-year-old Dylan Hughes and his family in Manod, North Wales. When Dylan's dad leaves home, his life is thrown all out of sync. But then a convoy of trucks arrives and sets up camp at the top of the mountain near Dylan's house. The villagers soon learn that the trucks contain paintings from London's National Gallery which has been flooded, and the paintings are being relocated to the bowels of Manod mountain like they were during World War Two. When curator Lester, in charge of moving the paintings, accidentally invites Dylan to come in and view them, he sets off a chain of events which transforms the lives of the villagers. And when beautiful local schoolteacher Angharad is added to the mix, romance is sparked. Also starring Nina Sosanya, Margaret John, Nicola Reynolds and Dafydd Hughes, Framed is fun for all the family.

## C4

6.05 The Hoobs. (R) (T) 6.35 Big Brother's Little Brother. (R) (T) 7.30 Big Brother. (R) (T) 8.40 Will & Grace. (R) (T) 9.05 Beauty & the Geek. (T) 9.55 T4 on the Beach 2009. (R) (T) 1.35 FILM: Free Willy 2: The Adventure Home (1995). Adventure sequel, starring Jason James Richter. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. Charity worker Jane Longhurst hosts the first dinner party in Bradford. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.05 The Simpsons. Homer buys a handgun to protect his family, but begins using it to perform all kinds of household tasks, driving Marge and the kids away from home. (R) (T) 7.30 FILM: Dr Dolittle (1998). A doctor realises he can talk to animals, but his colleagues feel he would be better off in an asylum. Comedy, starring Eddie Murphy and Ossie Davis. (T) 9.00 On Tour with the Queen. Kwame Kwesi-Armah retraces the final leg of the 1953 Coronation Tour. Last in the series. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.10 Wife Swap USA. An extravagant mother trades places with a hard-working woman. (T) 12.10 Clapham Junction. (R) (T) 2.05 Big Brother Live. 4.00 Scrapheap Challenge. (R) (T) 4.55 Full Metal Challenge. (R) (T)

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## FIVE

6.00 Milkshake!: Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roorbarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 Milkshake Monkey. (R) (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Pop Box. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fil and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (R) (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michael's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Lemur Island. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Zoo Days. (R) (T) 3.20 FILM: The Train Robbers (1973). Western, starring John Wayne. (T) 5.00 Five News with Natasha Kaplinsky. (R) (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Extraordinary Animals. (R) (T) 7.00 Five News at 7. (T) 7.30 How Do They Do It? Making steel and recycling household rubbish. (R) (T) 7.30 Five News Update. (T) 8.00 The Gadget Show. Sports watches and human-powered flying machines; (T) 8.00 Five News at 9. 9.00 Warship. New series. Life on board the Royal Navy's HMS Bulwark. (T) 10.00 FILM: A Few Good Men (1992). Three Navy lawyers uncover corruption during the defence of two Marines accused of murder. Legal drama, with Tom Cruise, Demi Moore and Jack Nicholson. (T) 12.45 NHRA Drag Racing. 2.25 Race and Rally UK. 3.15 Motorsport Mundial. 4.20 V8 Supercars. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Verão  
2010 1300 News 1420 Chamas da Vida 1500 Sangue do Meu Sangue 1545 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2215 Jogo Duplo 2315 Ransom, film 0115 Prison Break, series 0215 Amor e Intrigas 0415 TeleSales 0605 Euronews

**RTP2**  
0715 Zig Zag 1400 Bones, series 1500 Saved, series 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra é uma Bruxa 1930 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2145 A Hora da Sorte 2200 News 2240 ER, series 2330 30 Rock, series 0030 5 Para a Meia-Noite 0100 War and Peace, miniseries 0230 Euronews

**SIC**  
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Pathy 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Não Há Crise 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Ghost Whisperer, series 0215 Quando o Telefone Toca

**TVI**  
0700 Diário da Manhã 1015 Você na Júlia 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 House MD, series 0115 Harper's Island, series 0230 Sempre a Soma 0400 Frank McKulsky, P.I., film 0530 TeleSales

## Best of the Rest

**BBC3**  
7.00 Best Bits @ Reading 8.00 Bizarre ER 8.30 Film: Ace Ventura: When Nature Calls PG (1995) 10.00 EastEnders 10.30 Family Guy 10.50 Family Guy 11.10 How Not to Live Your Life 11.40 How Not to Live Your Life 12.10 How Not to Live Your Life 12.40 How Not to Live Your Life 1.10 How Not to Live Your Life 1.40 How Not to Live Your Life 2.10 We Are Klang 2.40 Bizarre ER 3.10 Nip and Tuck - My Big Decision 4.10 Virgin Cooks 5.05 Close

**BBC4**  
7.00 Legends: Nana Mouskouri - The White Rose of Athens 8.00 Wainwright Walks 8.30 Only Connect 9.00 Wallander 10.30 Mud, Sweat and Tractors: The Story of Agriculture 11.30 Mud, Sweat and Tractors: The Story of Agriculture 12.30 Mud, Sweat and Tractors: The Story of Agriculture 1.30 Mud, Sweat and Tractors: The Story of Agriculture 2.30 Only Connect 3.00 Style on Trial 4.30 Close

**ITV2**  
1.00 Airline USA 1.30 The Jeremy



Kyle Show 2.35 The Jeremy Kyle Show 3.45 Judge Judy 4.15 Film: Hulk 12 (2003) 7.00 Primeval 8.00 The Cube 9.00 Film: The Interpreter 12 (2004) 11.40 Coronation Street 12.10 Coronation Street 12.40 Ghosthunting with Louis Walsh and Boyzone 2.30 Emmerdale 2.55 Teleshopping 5.55 ITV2 Nightscreen

**Sky1**  
1.00 Futurama 1.30 Futurama: Welcome to the World of Tomorrow 1.45 Film: George and the Dragon PG (2004) 3.30 Film: The Sorcerer's Apprentice PG (2001) 5.15 Film: The Librarian: The Curse of the Judas Chalice PG (2008) 7.00 The Simpsons 7.30 The Simpsons 8.00 Futurama 8.30 Futurama 9.00 Film: The Mummy 12 (1999) 11.20 Killing Mum & Dad 12.20 Night Cops 1.20 Bones 2.10 Road Wars 3.00 Inside: Alaska's Toughest Prison 3.50 Airline 4.15 Don't Forget the Lynx 5.50 Brainiac: Science Abuse

**GOLD**  
2.35 Film: Dad's Army U (1971) 4.25 Film: Carry On Follow That Camel PG (1966) 6.15 Film: Carry On Matron PG (1972) 8.00 Film: Calendar Girls 12 (2003) 10.10 Only Fools and Horses 11.35 Absolutely Fabulous 12.15 Film: Al: Artificial Intelligence 12 (2001) 3.00 Close

**TCM**  
1.00 Which Way to the Front? PG (1970) 3.00 Not With My Wife, You Don't! PG (1966) 5.20 Disorders PG (1987) 6.55 Assault on a Queen U (1966) 8.00 The Big Red One 15 (1980) 11.10 Pat Garrett and Billy the Kid 15 (1973) 1.10 The Big Red One 15 (1980) 3.10 Pat Garrett and Billy the Kid 15 (1973) 5.00 Which Way to the Front? PG (1970)

**The Disney Channel**  
Kids' programmes from 7am, except:

## MOVIES

## Sky Movies Drama

6.00 Love N' Dancing 12 (2008) 7.30 The Sixth Sense 15 (1999) 9.30 Dad PG (1989) 11.30 Saving Private Ryan 15 (1998) With Tom Hanks. 2.20 No Reservations PG (2007) With Catherine Zeta-Jones. 4.10 The Jane Austen Book Club 12 (2007) With Kathy Baker. 6.00 Georgia Rule 15 (2007) With Jane Fonda. 8.00 Saving Private Ryan 15 (1998) With Tom Hanks. 10.50 Die Hard 4 0.15 (2007) With Bruce Willis. 1.00 Eyes Wide Shut 18 (1999) With Tom Cruise. 3.45 Phenomenon PG (1996)

## Sky Movies Comedy

6.30 The Santa Clause 3: The Escape Clause U (2006) 8.05 Dan in Real Life PG (2007) 9.45 Police Academy II: Their First Assignment 15 (1985) 11.15 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.15 Forgetting Sarah Marshall 15 (2008) With Jason Segel. 3.15 Balls of Fury 12 (2007) With Dan Fogler. 4.50 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 6.20 Dan in Real Life PG (2007) With Steve Carell. 8.00

Forgetting Sarah Marshall 15 (2008) With Jason Segel. 10.00 Balls of Fury 12 (2007) With Dan Fogler. 11.35 The Heartbreak Kid 15 (2007) With Ben Stiller. 1.35 Serial Mom 18 (1994) With Kathleen Turner. 3.15 The Most Fertile Man in Ireland 15 (1999) 4.55 The Santa Clause 3: The Escape Clause U (2006)

## Sky Movies Action/Thriller

6.35 Spider-Man 3 12 (2007) 9.05 Fantastic Four: Rise of the Silver Surfer PG (2007) 10.45 X-Men 12 (2000) 12.35 Iron Man 12 (2008) With Robert Downey Jr. 2.45 The Incredible Hulk 12 (2008) With Edward Norton. 4.40 Hellboy II: The Golden Army 12 (2008) With Ron Perlman. 6.45 Iron Man 12 (2008) With Robert Downey Jr. 9.00 Transformers 12 (2007) With Shia LaBeouf. 11.25 Darkman 18 (1990) With Liam Neeson. 1.05 Darkman II: The Return of Dracula 18 (1994) With Arnold Vosloo. 2.45 Darkman III: Die, Darkman. 2.45 (1996) With Arnold Vosloo. 4.25 The Science of Superman 5.35 Fantastic Four: Rise of the Silver Surfer PG (2007)

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Soccer AM: The Best Bits 10.00 Soccer Extra 12.00 Soccer AM: The Best Bits 1.00 Champions League Weekly 1.30 Live Pro40 Cricket. Northamptonshire Steelbacks v Warwickshire Bears. 5.00 Live Football League. Peterborough United v Crystal Palace (Kick-off 5.15pm). 7.30 Live Football League. Newcastle United v Leicester City (Kick-off 7.45pm). 10.00 Time of Our Lives 11.00 Netbusters 11.30 SPL Round-Up 12.00 Soccer AM: The Best Bits 1.00 Football League 2.30 Time of Our Lives 3.30 Watersports World 4.30 Max Power 5.30 FIFA Futbol Mundial

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 Football Special League Super Sunday: The Last Word 9.00 WWE: Bottom Line 10.00 Golf Night 11.00 US Amateur Championship Golf 1.00 BMX Series 2.00 US Open Tennis 4.00 Live US Open Tennis. Day one at Flushing Meadows in New York. 12.00 Live US Open Tennis. Further first-

round coverage on day one at Flushing Meadows. 4.00 Close

## Sky Sports 3

6.00 US Open Tennis 8.00 Twenty20 International Cricket 11.00 Aerobics League Weekly 1.30 Live Pro40 Wild Sports 12.30 Ocean Adventures 1.00 WWE: Raw 3.00 Soccer Extra 5.00 Live Pro40 Cricket. Northamptonshire Steelbacks v Warwickshire Bears. 7.30 Live Speedway. Swindon Robins v Poole Pirates. 9.30 World Hockey Monthly 10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 WWE Vintage Collection 2.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.15 Close

## British Eurosport

7.30 Motorsports Weekend 7.45 Triathlon 8.45 Equestrian 11.00 Fencing 12.00 Athletics 2.00 Cycling: Vuelta a Espana 3.00 Live Cycling: Vuelta a Espana. Stage three from Zutphen to Venlo in Holland. 4.45 Live Women's European Championship Football. Sweden v England (Kick-off 5.00pm). 7.00 Live US Open Tennis. The opening day's play from New York. 12.30 Close

## Sky Sports Xtra

7.00 US Amateur Championship Golf 9.00 Tri-Nations International Rugby Union 10.30 Ocean Adventures 11.00 US Open Tennis 1.00 Tri-Nations International Rugby Union 2.30 Ocean Adventures 3.00 Show Jumping 4.00 Golf Night 5.00 US Amateur Championship Golf 7.00 Golf 8.00 Show Jumping 9.00 Show Jumping 10.30 Poker 11.30 BMX Series 12.30 Speedway 2.30 Golf 3.30 Wild Spirits 4.00 Poker 5.30 Close

You can talk to one of our readers for the cost of a bean

- \* Based on double directory colour = €80 per week
- \* Readership of at least 50,000 based on audited circulation of approx 20,000 x 2.5



call our Sales Manager on 707 500 677



ANOTHER SERVICE FROM WORLD TELECOM

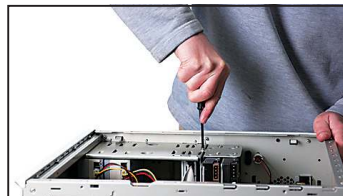


There are many choices, and our technicians will talk through with you what you need, make some suggestions, and then build, deliver and install for you (2).

**Why buy 'off the peg', when you can have 'tailor-made' for as little as €399 (1)**

(1) Screen not included. IVA not included

(2) Installation costs €40 per hour, but not available in every area.





## BBC1

6.00 Breakfast. (T) 9.15 Saints and Scroungers. (T) 10.00 Escape to the Country. (R) (T) BBC News; Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic. (R) (T) BBC News; Weather. (T) 12.15 Bargain in Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (R) (T) 3.25 CBBC: Scoop. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 Roar. (R) (T) 4.35 Beat the Boss. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the backstabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The One Show. Adrian Chiles and Christine Bleakley present the live topical show about the concerns of the British nation. Plus, a series of three films documenting women's experiences during World War Two begins with the reunion of three 'Nightingales' - WAAF orderlies who were flown behind enemy lines to bring home critically injured soldiers. (T)

7.30 EastEnders. Trina manages to engineer a steamy encounter with Lucas, despite his attempt to keep her out of his life. Tiffany suggests holding a party to celebrate Ricky's return, and Zainab walks out on Masood, while Mo accuses Charlie's Russian girlfriend Orienda of being in the country illegally. (T) BBC News; Regional News. (T)

8.00 Holly City. The decision over whether Connie or Michael gets the director of surgery job falls to Jayne, and Joseph's suspicions about Faye's fidelity mount when he discovers she phoned London on their wedding day. Maria is disappointed to learn that Sam is not going to visit from America, leaving her preoccupied when Donna returns to work too soon after her father's death. (T)

9.00 Traffic Cops. Officers in South Wales deal with a series of late-night car crashes, chases and fatal accidents. They soon realise they are after criminals who break into houses while the residents are asleep and steal the keys to their vehicles. (R) (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 FILM: Lara Croft: Tomb Raider - The Cradle of Life (2003). Adventure sequel, starring Angelina Jolie. (T) Weatherview. (T)

12.30 Sign Zone: Country Tracks. (R) (T) 1.25 Sign Zone: Rivers with Griff Rhys Jones. (R) (T) 2.25 Sign Zone: Neighbourhood Watched. (R) (T) 3.05 Sign Zone: What to Eat Now. (R) (T) 3.35 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 The Large Family. (R) (T) 7.20 Telly Tales. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Arthur. (R) (T) 8.30 The Legend of Dick & Dom. (R) (T) 8.55 Skunk Fu! (R) (T) 9.10 Eliot Kid. (R) (T) 9.25 League of Super Evil. (R) (T) 9.35 ChuckleVision. (R) (T) 9.50 Sam & Mark's Guide to Dodging Disaster. (T) 10.00 Horrible Histories. (R) (T) 10.30 The Slammer. (R) (T) 11.00 FILM: Terry (2005). Fact-based drama, starring Shawn Ashmore. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (T) 5.15 The Hairys Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (R) (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 Who Do You Think You Are? Actor Martin Freeman traces his paternal roots. Last in the series. (R) (T) 8.00 Coast. Women in Tyneside re-create an 18th-century sea rescue. Last in the series. (T) 9.00 The Choir: Unsung Town. New series. Gareth Malone tries to form a choir in the South Oxhey estate, Hertfordshire. (T) 10.00 Mock the Week. Dara O'Brian hosts the topical quiz, with guest Fred MacAulay joining regular panellists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 3.35 Close.

5.55 The Hoobs. (R) (T) 6.20 The Hoobs. (R) (T) 6.45 Everybody Loves Raymond. (R) (T) 7.10 Big Brother's Little Brother. (T) 7.40 Big Brother. (R) (T) 8.50 Will & Grace. (R) (T) 9.15 Friends. (R) (T) 9.45 Beauty & the Geek. (T) 10.35 Beauty & the Geek. (T) 11.30 Friends. (R) (T) 12.00 News at Noon. (T) 12.30 Seaside Secrets. (R) (T) 12.40 10 Years Younger: The Challenge. (R) (T) 1.40 FILM: Flicka (2006). Premiere. Family drama, starring Alison Lohman. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Over Exposed. New series. Interviews with people involved in the erotic dancing industry. (T) 8.00 Big Brother. One of the housemates discovers they have missed out on their chance of victory. (T) 9.00 Jamie's American Road Trip. New series. Jamie Oliver embarks on a culinary journey through America. (T) 10.00 Big Brother. The evicted housemate leaves the compound and is interviewed by Davina McCall and a panel of celebrity guests. (T) 10.35 The Real Housewives of New Jersey. (T) 11.40 The Kevin Bishop Show. (R) (T) 12.10 Coming Up: Foreign John. (T) 12.45 Big Brother's Big Mouth. 1.45 Big Brother Live. 3.55 The Track and Field Show. (R) (T) 4.20 World Sport. (R) (T) 4.50 GT4 European Cup. (R) (T) 5.15 British GT Championship. (R) (T) 5.40 The Hoobs. (R) (T)

## Pick of the Day

## Jamie's American Road Trip (C4, 9pm)

Culinary crusader Jamie Oliver is on the journey of a lifetime as he heads off the beaten track to discover the real heart of America, through its people, culture, music and — most importantly — its food. This new six-part series is a whole lot more than the usual cooking show abroad as it delves deep into the heart of social issues and the diverse cultures of 21st-century America. On his travels Jamie meets cowboys in Wyoming, alligator hunters in Louisiana, ex-gang members in LA and high-society ladies in Georgia. He finds Native Americans fighting to preserve their food culture in Arizona and experiences New York's melting pot of street food. In the first programme, however, Jamie travels a few miles east of Hollywood to Los Angeles to mingle among America's largest concentration of Mexican immigrants. East Los Angeles might be notorious for gangs, drugs and violence, but Jamie discovers a community proud of its food, committed to family and striving to achieve a better life. Jamie is inspired to discover the fresh flavours of Mexican food at a charity helping ex-gang members and agrees to cook his version of a Mexican feast for a baptism meal.

## C4

6.00 Milkshake! Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 Milkshake Monkey. (R) (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Pop Box. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Lemur Island. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. 3.05 Zoo Days Shorts. (R) (T) 3.10 FILM: Expecting a Miracle (2009). Premiere. Drama, starring Jason Priestley. 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Extraordinary Animals. (R) (T) 7.00 Five News at 7. (T) 7.30 Vets in Action. Documentary following county vets. Last in the series. (R) (T) 7.30 Five News Update. (T) 8.00 Big, Bigger, Biggest. A look at how work is progressing on the International Space Station. (T) 8.00 Five News at 9. 9.00 CSI: Miami. Delko's past comes under investigation. (T) 10.00 CSI: NY. A security guard is found dead in strange circumstances. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The Guardian. (R) (T) 1.00 US Tour Golf. 1.55 ITV Triathlon. (R) 2.45 Indy Car Series. 3.35 UEFA Cup Classic. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## FIVE

6.00 Milkshake! Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 Milkshake Monkey. (R) (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Pop Box. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerbuds. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Lemur Island. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. 3.05 Zoo Days Shorts. (R) (T) 3.10 FILM: Expecting a Miracle (2009). Premiere. Drama, starring Jason Priestley. 5.00 Five News with Natasha Kaplinsky; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Extraordinary Animals. (R) (T) 7.00 Five News at 7. (T) 7.30 Vets in Action. Documentary following county vets. Last in the series. (R) (T) 7.30 Five News Update. (T) 8.00 Big, Bigger, Biggest. A look at how work is progressing on the International Space Station. (T) 8.00 Five News at 9. 9.00 CSI: Miami. Delko's past comes under investigation. (T) 10.00 CSI: NY. A security guard is found dead in strange circumstances. (R) (T) Five News Update. (T) 11.00 CSI: Crime Scene Investigation. (R) (T) 12.00 The Guardian. (R) (T) 1.00 US Tour Golf. 1.55 ITV Triathlon. (R) 2.45 Indy Car Series. 3.35 UEFA Cup Classic. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Hour-long episode. Mark desperately tries to assure Natasha he will make things right with Nathan, but the situation worsens when Faye threatens to reveal the truth to everyone. Terry is unimpressed when Val takes control at the B&B, while Ashley and Laurel agree to get Sally and Vincent out of their lives. Carl's pursuit of Chas finally pays off, and Katie and Ryan kiss at the party. (T)

8.00 Who Wants to Be a Millionaire? Celebrity. Chris Tarrant presents as Footballers' Wives actor Zoe Lucker takes to the hot seat in a bid to win money for the Caron Cuckett Foundation, and newscaster John Suchet hopes to secure prize money for charity For Dementia. (T)

9.00 The Fixer. New series. The return of the drama about a soldier-turned-hitman working for an underground organisation, starring Andrew Buchan, Tamzin Outhwaite, Jody Latham and Peter Mulhern. Mercer and his colleagues investigate a violent gang terrorising the streets of south London, and soon discover their activities extend way beyond the usual drug dealing as they find themselves entangled in the dark world of child trafficking. Mark Benton and Phil Davis guest star in the first of a two-part story. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 Police, Camera, Action! Alastair Stewart presents another selection of real-life car chases, crashes and near-misses captured on surveillance cameras positioned strategically around the country. Adrian Simpson joins Greater Manchester Police to investigate initiatives to encourage drivers to keep their speed down. (R) (T)

11.05 Supernatural. Part two of two. Sam is abducted and finds himself held prisoner in a ghost town by a demon planning a war against humans, and Dean enlists Bobby's help. Last in the series. (T)

12.00 Nightwatch with Steve Scott: Action Stations. (R) (T) 12.10 Nightwatch with Steve Scott: Mystery. (R) (T) ITV News Headlines. 1.45 Loose Women. (R) 2.35 The Jeremy Kyle Show. (R) (T) 3.25 ITV Newscreen.

## LOCAL

## Best of the Rest

## RTP1

0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sanguê 1545 Verão Total 1800 Portugal em Directo 1905 Preto Certo 2000 News 2145 Jogo Duplo 2245 Telerural 2345 Madame de Pompadour, miniseries 0145 Prison Break, series 0215 Amor e Intrigas 0415 Tele sales

## RTP2

0715 Zig Zag 1400 Saved, series 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra é uma Bruxa 1930 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 The Mentalist, series 2330 30 Rock, series 0030 5 Para a Meia-Noite 0130 War and Peace, miniseries 0230 Euronews

## SIC

0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Não Há Crise 2000 News 2130 Salve-se Quem Puder 2230 Cenas do Casamento 2315 Caminho das Índias 0030 CSI: Miami, series 0130 Jericho, series 0215 Quando o Telefone Toca

## TVI

0700 Diário Da Manhã 1015 Vozê na TV! 1300 News 1440 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 House MD, series 0230 Sempre a Soma 0400 High Adventure, film 0530 Tele sales

## BBC3

7.00 Merlin 7.45 The Real Hustle 8.00 Virgin Cooks 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Underage and Pregnant 11.00 Family Guy 11.20 Family Guy 11.45 Don't Tell the Bride 12.45 Tough Guy or Chicken? 1.40 Underage and Pregnant 2.10 Virgin Cooks 3.10 Britain's Most Embarrassing Parents 4.10 The Real Hustle 4.20 Tough Guy or Chicken? 5.20 Close

## BBC4

7.00 World News Today 7.00 Weather 7.30 Only Connect 8.00 The Cell 9.00 Rich Man, Poor Man - Ben Dover Straights 10.00 Les Paul - Chasing Sound 11.30 Early Doors 12.00 Charlie Brooker's Screenwipe 12.30 Rich Man, Poor Man - Ben Dover Straights 1.30 Only Connect 2.00 The Cell 3.00 Charlie Brooker's Screenwipe 3.30 Rich Man, Poor Man - Ben Dover Straights 4.30 Close

## ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 What Katie Did Next 9.00 Film: The Bodyguard 15 (1992) 11.35 Film: The Bourne Supremacy 12 (2004) 1.45 Emmerdale 2.35 Tele shopping 5.35 ITV2 Newscreen



## Sky1

1.00 Don't Forget the Lyrics 2.00 UK Border Force 3.00 Stargate Atlantis 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 A Town Called Eureka 9.00 House 10.00 Justin Lee Collins: High Diver 11.00 Law & Order 12.00 Cold Case 1.00 Bones 1.50 Road Wars 2.40 Stargate Atlantis 3.30 Stargate Atlantis 4.20 Road Wars 5.10 Are You Smarter Than a 10 Year Old? GOLD

1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 The Green Green Grass 3.00 Steptoe and Son 3.40 The Brittas Empire 4.15 As Time Goes By 4.55 As Time Goes By 5.35 One Foot in the Grave 6.20 Last of the Summer Wine 7.40 Open All Hours 8.20 The Green Green Grass 9.00 Only Fools and Horses 11.25 Only Fools and Horses 12.30 Murder Most Horrid 1.10 Steptoe and Son 1.55 Murder Most Horrid 2.25 Murder Most Horrid 3.00 Close

## TCM

1.00 Forbidden Planet U (1956) 3.00 Viva Las Vegas U (1964) 4.40 The Ballad of Cable Hogue PG (1970) 7.05 The Omega Man PG (1971) 9.00 Losing Isaiah 15 (1995) 11.05 Bloodbrothers 15 (1978) 1.15 Losing Isaiah 15 (1995) 3.00 Tele shopping 5.00 Forbidden Planet U (1956)

## The Disney Channel

Kids' programmes from 7am, except: 9.00 Film: The Cheetah Girls: One World PG (2008) Comedy sequel, starring Adrienne Bailon.

## Sky Movies Drama

6.00 On Broadway 12 (2007) 8.00 35MM 8.30 Nobody's Fool 15 (1994) 10.30 The Capture of the Green River Killer 1.30 The Movie Geek 2.00 The Bucket List 12 (2008) With Jack Nicholson. 3.45 We Are Marshall PG (2006) With Matthew McConaughey. 6.10 Phoebe in Wonderland PG (2008) With Elle Fanning. 8.00 The Bucket List 12 (2008) With Jack Nicholson. 9.40 The American President 15 (1995) With Michael Douglas. 11.45 Daylight Robbery 15 (2007) With Geoff Bell. 1.30 The Grifters 18 (1990) With John Cusack. 3.30 Some Kind of Wonderful 15 (1987) 5.15 Can't Be Heaven PG (1999)

## Sky Movies Action/Thriller

7.20 The Hand That Rocks the Cradle 15 (1992) 9.25 Twilight 15 (1998) 11.15 Flight of the Intruder 12 (1990) With Danny Glover. 1.25 35MM 1.55 The Hand That Rocks the Cradle 15 (1992) With Rebecca De Mornay. 4.00 Hellboy II: The Golden Army 12 (2008) With Ron Perlman. 6.00 300 15 (2006) With Gerard Butler. 8.00 Hellboy II: The Golden Army 12 (2008) With Ron Perlman. 10.00 Wanted 18 (2008) With James McAvoy. 12.05 The Krays 18 (1990) With Gary Kemp. 2.10 The Corruptor 18 (1999) With Chow Yun-Fat. 4.15 Orca: Killer Whale PG (1977)

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (2006) 9.05 Family Show 9.35 Enchanted PG (2007) 11.35 Pirates of the Caribbean: At World's End 12 (2007) With Johnny Depp. 2.25 I Now Pronounce You Chuck & Larry 12 (2007) With Adam Sandler. 4.25 The Darjeeling Limited 15 (2007) With Owen Wilson. 6.00 Enchanted

## Sky Movies Comedy

6.35 35MM 7.05 Man of the Year 12 (200



## BBC1

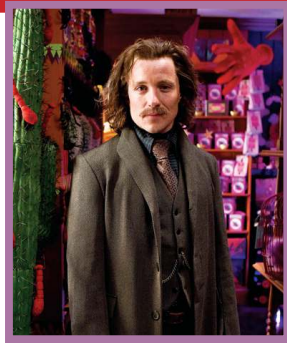
6.00 Breakfast. (T) 9.15 Saints and Scroungers. (T) 10.00 Escape to the Country. (R) (T) BBC News: Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: Kerwhizz. (R) (T) 3.25 CBBC: Scoop. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 Wait for It! (T) 4.35 Animals at Work. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure. (R) (T)  
6.00 BBC News: Weather. (T)  
6.30 Regional News Programmes: Weather. (T)  
7.00 The One Show. Topical magazine show, presented by Adrian Chiles and Christine Bleakley. (T)  
7.30 Wildest Dreams. The three remaining contestants visit the Masai Mara in Kenya where they have to create a film about big cats. Each finalist is allowed to request help from the others, as James Honeyborne and Nick Knowles assess not only the success of the shoot, but also the quality of their teamwork before announcing who lands the job in the BBC's Natural History Unit. Last in the series. (T) BBC News; Regional News. (T)

8.30 Seaside Rescue. Navy Rescue Helicopter 193 attends an emergency call for a seriously injured seaman - but the weather conditions are treacherous and the aircraft is at the limit of its operating range. The crew of the RNLI's Torbay Lifeboat sets out to help its deputy coxswain, who has fallen down a hatch in the boat he works on as a trawlerman. Last in the series. (T)  
9.00 Crimewatch. Reports on the #40million jewellery heist, the cold case murder of a 17-year-old girl in the 1980s, and a look at how Mario Cleaire was finally brought to justice. (T)

10.00 BBC News. (T)  
10.05 Regional News: Weather. (T)  
10.35 The National Lottery Draws. The balls are set rolling and the results of the Thunderball, Dream Number and Lotto draws are revealed. Jodie Prenger presents. (T)  
10.45 Crimewatch Update. Responses to the earlier programme. (T)  
10.55 Silverville. The story of Eileen Ager, a woman with Alzheimer's disease who might have to leave Lovat Fields as her care demands increase. The programme follows Eileen as she has a mental health review, visits her home town and old school, and celebrates her birthday with a ride in a Ferrari. Last in the series. (T)  
11.25 The Muslim Tommies. Documentary examining the Muslims who have fought on behalf of Britain, including members of the Indian Corps in the trenches of France during World War One. (T) National Lottery Update. (T)  
11.55 FILM: The Guilty (2000). Thriller, starring Bill Pullman; (T) Weatherview. (T)

1.45 Sign Zone: The Frankenstein Trail. (R) (T) 2.45 Sign Zone: Rick Stein's Far Eastern Odyssey. (R) (T) 3.45 Sign Zone: What to Eat Now. (R) (T) 4.15 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 The Large Family. (R) (T) 7.20 Telly Tales. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Arthur. (R) (T) 8.30 The Legend of Dick & Dom. (R) (T) 8.55 Skunk Fu! (R) (T) 9.10 Eliot Kid. (R) (T) 9.25 League of Super Evil. (R) (T) 9.35 ChuckleVision. (R) (T) 9.50 Sam & Mark's Guide to Dodging Disaster. (T) 10.00 Horrible Histories. (R) (T) 10.30 The Slammer. (R) (T) 11.00 FILM: Every Day's a Holiday (1965). Musical comedy, starring John Leyton. (T) 12.30 Working Lunch. (T) 1.00 See Hear. (T) 1.30 Animal Park. (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (R) (T) 5.15 The Hairys Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (R) (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 This World. New series. The role of European Gypsy children in organised crime. (T) 8.00 Economy Gastronomy. Allegra McEvedy and Paul Merrett show five Cambridge students who live on tinned, microwaveable and packet food how to prepare simple, healthy and affordable meals. (T) 9.00 Dragons' Den. Computer mice designed to look like classic cars. Last in the series. (T) 10.00 Shooting Stars. With guests Liz McClarnon, Ricky Wilson and Gregg Wallace. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 4.10 Close.

(R) - repeat programme;  
(T) - programme with teletext subtitles;

## Pick of the Day

## Harry Potter: Behind the Magic (ITV1 Granada, 9.45pm)

You can run, but you can't hide from Harry Potter at the moment. The sixth film in the franchise, Harry Potter and the Half-Blood Prince, was released in UK cinemas in the middle of July, and continues to do good business at the box office across the globe. No doubt millions of fans of the boy wizard will be rushing out to see it again and again before the film finishes its big screen run. To get them in the mood, ITV1 broadcast this special programme on Saturday, July 11, hosted by Ben Shepherd, which takes an exclusive look behind the scenes of the production. If you missed it first time around, here's another chance to see it. Ben gets a chance to be an extra — although whether you'll recognise him remains to be seen. "It was so exciting to be a part of it and even though I'm only in for a few seconds, I was there and I can show my kids it," says Ben. "As a fan and as a movie lover it was a really special moment." Plus, there'll be a chance to get a sneak preview of eye-popping scenes from The Half-Blood Prince, while Ben also catches up with stars Daniel Radcliffe, Rupert Grint and Emma Watson.

## C4

6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 6.55 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.45 Big Brother. One of the housemates discovers they have missed out on their chance of victory. (R) (T) 8.50 Big Brother. (R) (T) 9.20 Friends. (R) (T) 9.45 Beauty & the Geek. (T) 10.40 Beauty & the Geek. (T) 11.30 Friends. (R) (T) 12.00 News at Noon. (T) 12.30 Grudge Match. (R) (T) 12.40 10 Years Younger: The Challenge. (R) (T) 1.40 FILM: Watership Down (1978). Animated drama, with the voice of John Hurt. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Over Exposed. A man explains why he became a regular at a strip club. (T) 8.00 Location, Location, Location. Kirstie Allsopp and Phil Spencer visit Windsor to catch a couple who want to purchase a mansion and advise a man who is looking to get on to the property ladder. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Ugly Betty. On her first day of the training programme, Betty ends up having a disastrous encounter with an assistant at Elle magazine. Nikki Blonsky and Bernadette Peters guest star. (T) 11.05 Skins. (T) 12.10 Friends on 4. (R) (T) 1.10 Big Brother Live. 4.00 Scrapheap Challenge. (R) (T) 4.55 Countdown. (R) (T) 5.40 The Hoobs. (R) (T)

(S) - programme broadcast in stereo;  
(bw) - black and white.

## FIVE

6.00 Milkshake! Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 Milkshake Monkey. (R) (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Bop Box. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowerrots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Lemur Island. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 Zoo Days Shorts. (R) (T) 3.10 FILM: Living Proof (2008). Premiere. Fact-based medical drama, starring Harry Connick Jr. (T) 5.00 Five News with Natasha Kaplinsky. Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Extraordinary Animals. (R) (T) 7.00 Five News at 7. (T) 7.30 Building the Ultimate. The evolution of racing cars. (R) (T) 7.30 Five News Update. (T) 8.00 World War One in Colour. Computer-enhanced newsreel footage. (R) (T) 8.00 Five News at 9. (T) 9.00 FILM: Cradle 2 the Grave (2003). An undercover agent and a jewel thief set out to rescue a kidnapped girl and reclaim a cache of rare diamonds. Action thriller, with Jet Li and DMX. Including Five News Update. (T) 11.10 Rory and Paddy's Great British Adventure. (R) (T) 12.10 Poker. (T) 1.40 Ironman Triathlon. 2.30 Cricket on Five. (R) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)  
6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 FILM: Harry Potter and the Goblet of Fire (2005). The wizard is chosen to represent Hogwarts in a magical tournament. Fourth instalment of the fantasy saga, starring Daniel Radcliffe and Ralph Fiennes. (T)

9.45 Harry Potter: Behind the Magic. Ben Shepherd goes behind the scenes of Harry Potter and the Goblet of Fire, the young wizard's fourth big-screen adventure. He visits sets including Dumbledore's office and the Great Hall, and joins Daniel Radcliffe as he trains for an underwater sequence. Plus, interviews with the cast and crew, including Emma Watson, Rupert Grint, Robbie Coltrane and producer David Heyman. (R) (T)  
10.00 News at Ten and Weather. (T)  
10.30 London News and Weather. (T)  
10.35 Cops with Cameras. Miniature recording devices on the uniforms of police officers allow viewers an insight into their work across the UK as they carry out raids, round up suspects and continue the constant fight against crime. (R) (T)  
11.35 Benidorm Unpacked. The Ambassador Hotel's entertainment manager amuses the guests by adopting a comic guise. Holiday-maker Maggie Newman prepares for her first gig on the cabaret circuit, while a considerably more experienced 65-year-old entertainer gives her first TV interview. Last in the series. (R) (T)  
12.05 Nightwatch with Steve Scott: Action Stations. (R) (T) 12.55 Nightwatch with Steve Scott: Crime. (R) (T) ITV News Headlines. 1.50 Loose Women. (R) (T) 2.40 The Jeremy Kyle Show. (R) (T) 3.30 ITV Nightscreen.

If you would like to advertise on these pages

Call our Sales Manager  
707 500 677



## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Verão  
Total 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sanguê  
1545 Verão Total 1800 Portugal em Direto 1905 Preço Certo 2000 News 2100 Jogo Duplo 2200 Teletual 2230 Conversas de Mário Soares 2330 Madame de Pompadour, miniseries 0130 Prison Break, series 0230 Amor e Intrigas 0415 Telesales 0605 Nós

**SIC**  
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Não Há Crise 2000 News 2130 Salve-se Quem Puder 2330 Cenas do Casamento 2315 Caminho das Índias 0300 CSI: Miami, series 0130 Jericho, series 0215 Quando o Telefone Toca

**TVI**  
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixa Que Te Leve 2230 Sentimentos 2330 Flor do Mar 1015 House MD, series 0115 The Shield, series 0230 Sempre a Somar 0400 Dans Tes Rêves, film 0530 Telesales

## Best of the Rest

**BBC3**  
7.00 Merlin 7.45 The Real Hustle 8.00 Don't Tell the Bride 9.00 Film: Ace Ventura: When Nature Calls PG (1995) 10.30 Family Guy 10.50 Family Guy 11.10 Little Britain 11.40 We Are Klang 12.10 Don't Tell the Bride 1.10 Virgin Cooks 2.10 When Diets Go Wrong 3.05 Make My Body Younger 4.05 Virgin Cooks 5.05 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 Chelsea Pensioners: Girls Allowed 8.00 Casualty 1909 9.00 The Thirties in Colour 10.00 People's Century 10.55 Evacuees 11.55 Summits 1.25 The Rules of Film Noir 2.25 Chelsea Pensioners: Girls Allowed 2.55 Evacuees 3.55 Close

**ITV2**  
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 Kids Do the Funniest Things 9.00 Film: Total Recall 18 (1990) 11.20 Film: Waterworld 12 (1995) 1.55 Entourage 2.25 Teleshopping 3.25 The Montel Williams Show 4.00 Teleshopping

**THE PORTUGAL News**  
Established 1977  
www.the-news.net

**Sky1**  
1.00 Don't Forget the Lyrics 2.00 UK Border Force 3.00 Stargate Atlantis 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Film: The Mummy 12 (1999) 10.20 Greatest Uefa Champions League Goals 11.20 Ross Kemp: Return to Afghanistan 12.20 Road Wars 1.20 Bones 2.15 Road Wars 3.10 Inside: Surviving Prison 4.05 Don't Forget the Lyrics 5.00 Gladiators G Zone 5.10 Are You Smarter Than a 10 Year Old? **GOLD**

1.35 Open All Hours 2.15 The Green Grass 3.00 Steptoe and Son 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 One Foot in the Grave 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 The Green Grass 9.00 Only Fools and Horses 10.00 Only Fools and Horses 11.10 Only Fools and Horses 1.10 Murder Most Horrid 1.50 Steptoe and Son 2.25 Murder Most Horrid 3.00 Close

**TCM**  
1.00 Lucky Me U (1954) 3.00 My Favorite Year PG (1982) 4.50 Now, Voyager PG (1942) 7.05 Critic's Choice PG (1963) 9.00 Cool Hand Luke 15 (1967) 11.30 Pat Garrett and Billy the Kid 15 (1973) 1.45 Village of the Damned 12 (1960) 3.00 Teleshopping 5.00 Lucky Me U (1954)  
**The Disney Channel**  
Kids' programmes from 7am, except: 9.00 Film: Eddie's Million Dollar Cook-Off U (2003) Comedy, starring Orlando Brown.

## Sky Movies Drama

7.00 The Trench 15 (1999) 9.00 Gloria 15 (1980) 11.05 Across the Universe 12 (2005) With Evan Rachel Wood. 1.20 Amazing Grace PG (2006) With Ioan Gruffudd. 3.20 The Top 10 Show 3.40 Get Real 15 (1999) With Ben Silverstone. 5.40 The Top 10 Show 6.00 Goodbye Bafana 15 (2007) With Joseph Fiennes. 8.00 Things We Lost in the Fire 15 (2007) With Halle Berry. 3.45 Killer: A Journal of Murder 18 (1995) 5.30 A Father's Son PG (1999)

## Sky Movies Comedy

6.00 Expiration Date 12 (2006) 7.40 The Nanny Diaries 12 (2007) 9.30 Kindergarten Cop 15 (1990) 11.30 35MM 12.00 Daddy Day Camp PG (2007) With Cuba Gooding Jr. 1.35 Superhero Movie 12 (2008) With Drake Bell. 3.05 Made of Honor 12 (2008) With Patrick Dempsey. 4.50 Hot Rod 12 (2007) With Andy

Samberg. 6.25 Daddy Day Camp PG (2007) With Cuba Gooding Jr. 8.00 Superhero Movie 12 (2008) With Drake Bell. 9.30 Made of Honor 12 (2008) With Patrick Dempsey. 11.15 The Nanny Diaries 12 (2007) With Scarlett Johansson. 1.15 Hot Rod 12 (2007) With Andy Samberg. 2.50 Kindergarten Cop 15 (1990) With Arnold Schwarzenegger. 4.50 Expiration Date 12 (2006)

## Sky Movies Action/Thriller

6.00 Mr Nice Guy 15 (1997) 7.45 The Eiger Sanction 15 (1975) 9.55 White Sands 15 (1992) 11.55 Mr Nice Guy 15 (1997) With Jackie Chan. 1.35 The Eiger Sanction 15 (1975) With Clint Eastwood. 3.45 X-Men 12 (2000) With Hugh Jackman. 5.35 Spider-Man 3 12 (2007) With Tobey Maguire. 8.00 The Incredible Hulk 12 (2008) With Edward Norton. 10.00 Darkman 18 (1990) With Liam Neeson. 11.50 The General's Daughter 18 (1999) With John Travolta. 2.00 Delta Force II: The Colombian Connection 18 (1990) With Chuck Norris. 4.10 Point Last Seen PG (1998) 5.55 The Top 10 Show

The cost of a bean is all it takes to talk to one of our readers

## HOW?

call our Sales Manager on  
707 500 677



I take it to the pool



I use it at the airport



I even took it camping

**ONE Home desktop model**  
**PART OF THE NEWS GROUP**  
Established 1977  
As portable as a mobile phone, but much bigger!  
Tel: 707 500 600 today



## BBC1

6.00 Breakfast. (T) 9.15 Saints and Scroungers. (T) 10.00 Escape to the Country. (R) (T) BBC News: Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News. (R) (T) 1.45 Doctors. (T) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather. Regional News. (T) 3.05 CBeebies: Kenwhizz. (R) (T) 3.25 CBBC: Scoop. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 Best of Friends. (R) (T) 4.35 5Smart. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson asks more general knowledge questions against the clock as contestants try to avoid being voted off the team. (R) (T)

6.00 BBC News: Weather. (T)

6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Adrian Chiles and Christine Bleakley present the live show, with their team of roving reporters uncovering topical stories across the UK. (T)

7.30 EastEnders. Mo begins following Orienda, and even resorts to going through her belongings in search of proof that she is not to be trusted. Zainab apologises to Masood and reveals that she has decided to have the baby after all, while Lucas tries to resolve his emotional turmoil by arranging a secret meeting with Trina - which ends in tragedy. (R) BBC News: Regional News. (T)

8.00 As Seen on TV. Laurie Brett, James Fleet, Jodie Prenger and Clare Balding join host Steve Jones and team captains Fern Britton and Jason Manford for the trivia quiz. Last in the series. (T) Dom's on the Case. (R) (T)

8.30 New Tricks. Gerry is forced to confront his past when the team reinvestigates the 33-year-old murder of a doctor, who was found hanging from a meat hook on a butcher's stall at Smithfield Market. The butcher went missing on the same day, but his recently discovered remains reveal a match to an unidentified person and lead to a shocking revelation for Sandra. Guest starring Ken Farrington and David Calder. Last in the series. (T)

10.00 BBC News. (T)

10.25 Regional News: Weather. (T) 10.35 Being Human. Mitchell befriends a boy and his mother, hoping it will keep him off blood, but it is not long before they discover his secret. As rumours about his vampire friend swell, George realises he must tell Nina the truth about himself, while the two housemates try to help Annie as she remains traumatised after her revelations about Owen. Supernatural drama, starring Aidan Turner, Russell Tovey and Lenora Cichlow. (T)

11.35 FILM: Drop Dead Gorgeous (1999). Black comedy, starring Kirsten Dunst; (T) Holiday Weathering. (T)

1.10 Sign Zone: Hardcore Profits. (R) (T) 2.10 Sign Zone: Framed. (R) (T) 3.40 Sign Zone: Countryfile. (R) (T) 4.35 BBC News. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 The Large Family. (R) (T) 7.20 Telly Tales. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Arthur. (R) (T) 8.30 Do Something Different. (R) (T) 8.55 Skunk Fu! (R) (T) 9.10 Eliot Kid. (R) (T) 9.25 League of Super Evil. (R) (T) 9.35 ChuckleVision. (R) (T) 9.50 Sam & Mark's Guide to Dodging Disaster. (T) 10.00 Horrible Histories. (R) (T) 10.30 The Slammer. (R) (T) 11.00 FILM: Escapade in Japan (1957). Children's adventure, starring Jon Provost. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.30 Pointless. (T) 5.15 The Hair Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (R) (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 Coast. Women in Tyneside re-create an 18th-century sea rescue. Last in the series. (R) (T) 8.00 The Frankincense Trail. Kate Humble follows the trade route through Saudi Arabia. (T) 9.00 Mock the Week. Dara O'Briain hosts the topical quiz, with guests Holly Walsh and Stewart Francis joining regular panellists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons. (T) 9.30 The Funny Side of TV Experts. A humorous look at the history of the TV expert. (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Wire. (T) 12.20 BBC News. (T) 4.35 Close.

## Pick of the Day

## How Clean Is Your House? (C4, 8pm)

If your home has got so messy that you're starting to fear for your health, but cleaning it up is such a mammoth job that you really don't know where to start, who you gonna call? Grimebusters Kim Woodburn and Aggie Mackenzie, that's who. The downside is that the whole nation will get to see just how untidy you really are, but at least you'll have a sparkling des res at the end of it. This week, our domestic goddesses come to the rescue of Timothy, a 73-year-old former actor who is currently sharing his property with a lifetime's worth of muck. As ever, Kim and Aggie come armed with lemons, vinegar and bicarbonate of soda, but they'll also have a more unusual weapon in the arsenal — mayonnaise. Will they be using it to clean up the thespian's act, or just squiring it on their sandwiches as an energy-boosting snack? Timothy isn't the only one in need of a little cleaning-based education as the duo pitch up in London's Leicester Square to fill the crowds in on what may be lurking in their mattresses.

## C4

6.05 The Hoobs. (R) (T) 6.30 Yo Gabba Gabba. (R) (T) 6.55 Everybody Loves Raymond. (R) (T) 7.20 Big Brother's Little Brother. (T) 7.50 Big Brother. (R) (T) 8.50 Will & Grace. (R) (T) 9.15 Friends. (R) (T) 9.45 Beauty & the Geek. (T) 10.40 Beauty & the Geek. (T) 11.30 Friends. Phoebe's half-brother makes an announcement. (R) (T) 12.00 News at Noon. (T) 12.30 10 Years Younger: The Challenge. (R) (T) 1.25 FILM: Mysterious Island (1961). British sci-fi adventure, starring Michael Craig. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 3 Minute Wonder: Over Exposed. A man protests against a club opening on his street. (T) 8.00 How Clean Is Your House? Tackling the home of a 73-year-old former thespian. (T) 8.30 Dolce Vito - Dream Restaurant. Vito Catafo deals with arguments and money problems as he begins work on his new restaurant, and in the UK, he searches for the best British condiments. (T) 9.00 Benefit Busters. A campaigner tries to persuade a man to return to work. Last in the series. (T) 10.00 Big Brother. Highlights from the house with just two days to go. (T) 11.10 FILM: Sarah Silverman: Jesus Is Magic (2005). Premiere. The comedian performs in front of an audience in Los Angeles. (T) 12.15 Teachers. (R) (T) 1.15 Big Brother Live. 3.55 Scrapheap Challenge. (R) (T) 4.50 Countdown. (R) (T) 5.35 The Hoobs. (R) (T)

## FIVE

6.00 Milkshake!: Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 Milkshake Monkey. (R) (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Box Box. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fifi and the Flowertots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.45 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (R) (T) 12.40 Five News. (T) 12.50 Lemur Island. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 FILM: Louisa May Alcott's The Inheritance (1997). Period drama, starring Cari Shayne. (T) 5.00 Five News with Natasha Kaplinsky. (R) (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Extraordinary Animals. (R) (T) 7.00 Five News at 7. (T) 7.30 Inferno 999. Tackling a burning building containing asbestos. (R) (T) 7.30 Five News Update. (T) 8.00 Megastructures: Built from Disaster. New bridge-building technology. (T) 8.00 Five News at 9. 9.00 You're Nicked! A man's argument with his girlfriend prompts a police pursuit. (T) 10.00 FILM: Universal Soldier (1992). Dead soldiers reanimated by the military regain their memories and carry on old feuds. Sci-fi thriller, with Jean-Claude Van Damme and Dolph Lundgren, including Five News Update. (T) 12.05 Quiz Call. 4.00 NFL Classics. (R) 4.45 HouseBusters. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight: Weather. (T)

6.30 ITV Evening News: Weather. (T) 7.00 Emmerdale. Chas is consumed by guilt after her night with Carl, while Nathan comes into possession of another guest's Porsche at a business event and gets Ryan to drive him home in it. (T)

7.30 Countrywise. Paul Heiney visits Whitby, North Yorkshire, for the autumn angling festival and meets Rob Green, winner of the Seafood Chef of the Year award in 2009. (T)

8.00 Emmerdale. Cain turns Nathan's car theft to his advantage. Chas tells Carl she will never leave Paddy and Nicola is keen to return to work, even if it means bringing her baby with her. (T)

8.30 Coronation Street. Jack is made uncomfortable by Molly and Tyrone's bickering and considers leaving. Joshua's recovery inspires Ashley to make a confession to Claire, while Becky starts losing hope. (T)

9.00 The Bill. Neil and Max investigate after a 17-year-old girl is shot dead. The teenager had recently left foster care to live alone and the prime suspect turns out to be her mother's partner. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T) 10.35 Outbreak. Recreating the day World War Two began to mark the 70th anniversary of September 3, 1939, including contributions by Richard Attenborough, George Cole, Tony Benn and Vera Lynn. (T)

11.35 Surface. Jackson comes to Laura's aid after she discovers someone has broken into her home. Miles's attempt to free Nimrod puts him on the wrong side of the law, and Lee discusses Cirko with his superiors. Sci-fi drama, starring Lake Bell and Carter Jenkins. (T)

12.30 Motorsport UK. (T) 1.15 Supernatural. (R) (T) ITV News Headlines. 2.05 Loose Women. (R) 2.50 ITV Nightscreen.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000 Verão Total 1300 News 1415 Chamas da Vida 1500 Sangue do Meu Sangue 1545 Verão Total 1800 Portugal em Directo 1905 Preço Certo 2000 News 2100 Grande Entrevista 2130 Jogo Duplo 0130 Prison Break, series 0215 Amor e Intrigas 0400 Teleales 0605 Nôs

**RTP2**  
0715 Zig Zag 1400 Saved, series 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra é uma Bruxa 1930 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Supernatural, series 2330 30 Rock, series 0030 5 Para a Meia-Noite 0130 War and Peace, miniseries 0230 Euronews

**SIC**  
0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 TweenBox 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Não Há Crise 2000 News 2130 Salve-se Quem Pudermos 2230 Cenas do Casamento 2315 Caminho das Índias 0030 Jericho, series 0130 Cartaz Cultural 0215 Quando o Telefone Toca

**TVI**  
0700 Diário da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganhar 1815 Morangos com Açúcar 2000 News 2130 Deixe Quem Te Leve 2230 Sentimentos 2330 Flor do Mar 0015 House MD, series 0115 The Office, series 0145 Cartaz das Artes 0215 Sempre a Somar 0400 The Office, series 0430 Law & Order: Special Victims Unit, series 0530 Teleales

## Best of the Rest

**BBC3**  
7.00 Merlin 7.45 Doctor Who: Top 5 Christmas Moments 8.00 Doctor Who's Greatest Moments: The Enemies 9.00 Tough Guy or Chicken? 10.00 EastEnders 10.30 We Are Kiang 11.00 Family Guy 11.20 Family Guy 11.40 Tough Guy or Chicken? 12.40 Virgin Cooks 1.40 We Are Kiang 2.10 Doctor Who's Greatest Moments: The Enemies 3.10 Doctor Who: Top 5 Christmas Moments 3.20 Make My Body Younger 4.15 Virgin Cooks 5.15 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 BBC Proms 2009 10.05 Wallander 11.35 Later with Jools Holland 12.35 Mark Lawson Talks to William Boyd 1.35 BBC Proms 2009 4.10 Close

**ITV2**  
1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 7.00 Primeval 8.00 Paris Hilton Best American Friend Forever 9.00 What Katie Did Next 10.00 Film: Troy 15 (2004) 1.10 Entourage 1.40 Coronation Street 2.05 Emmerdale 2.30 Emmerdale 2.55 Teleshopping 3.25 The Montel Williams Show 4.05 Teleshopping 5.35 ITV2 Nightscreen

**Sky1**  
1.00 Don't Forget the Lyrics 2.00 UK Border Force 3.00 Stargate Atlantis 4.00 Stargate Atlantis 5.00 Malcolm in the Middle 5.30 Futurama

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.



## MOVIES

## Sky Movies Drama

7.15 The Movie Geek 7.45 No Reservations PG (2007) 9.45 One True Thing 15 (1998) 12.00 Breaking Away PG (1979) With Dennis Christopher. 1.45 Jack Jack (1996) With Robin Williams. 3.45 Chaplin 15 (1992) With Robert Downey Jr. 6.15 In the Land of Women 12 (2007) With Adam Brody. 8.00 Perfect Stranger 15 (2007) With Halle Berry. 10.00 21 12 (2008) With Kevin Spacey. 12.15 Factory Girl 15 (2006) With Sienna Miller. 2.00 Elizabeth: The Golden Age 12 (2007) With Cate Blanchett. 4.00 The 10 Show 4.20 Loss of Faith PG (1997)

## Sky Movies Comedy

6.30 The Pirates of Penzance U (1982) 8.30 35MM 9.00 Hairspay PG (2007) 11.00 Billy Madison PG (1995) With Adam Sandler. 12.45 American Pie 15 (1999) With Jason Biggs. 2.30 American Pie 215 (2001) With Jason Biggs. 4.20 Semi-Pro 15 (2008) With Will Ferrell. 6.00

Hairspray PG (2007) With John Travolta. 8.00 Billy Madison PG (1995) With Adam Sandler. 9.35 American Pie 15 (1999) With Jason Biggs. 11.15 American Pie 2 15 (2001) With Jason Biggs. 1.05 Semi-Pro 15 (2008) With Will Ferrell. 2.40 Bachelor Party 2: The Last Temptation 15 (2008) With Josh Cooke. 4.30 The Pirates of Penzance U (1982)

## Sky Movies Action/Thriller

6.15 Havana PG (1990) 8.45 The Killers 15 (1964) 10.35 The Terminator 15 (1984) 12.35 35MM 1.05 Havana PG (1990) With Robert Redford. 3.40 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 5.25 Transformers 12 (2007) With Shia LaBeouf. 8.00 Fantastic Four: Rise of the Silver Surfer PG (2007) With Ioan Gruffudd. 9.35 Transformers 12 (2007) With Shia LaBeouf. 12.10 Above Suspicion 15 (2000) With Annabella Sciorra. 2.05 Mortal Thoughts 18 (1991) With Demi Moore. 4.05 Back in Business PG (2007) 5.40 The Top 10 Show

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Ocean Adventures 9.30 FIFA Futbol Mundial 10.00 European Tour Weekly 10.30 Live European Tour Golf. The European Masters. 12.30 FIFA Futbol Mundial 1.00 The Rugby 1.30 Boots 'n' All 2.30 FIFA Futbol Mundial 3.00 Total Rugby 3.30 Boots 'n' All 4.30 Live Pro40 Cricket. Essex Eagles v Hampshire Hawks. 10.00 The Rugby Club 11.00 Time of Our Lives 12.00 Premier League World 12.30 The Rugby Club 1.30 Golf Night 3.30 Premier League World 4.00 The Rugby Club 5.00 IAAF Athletics Weekly 5.30 Premier League World

## Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean Adventures 7.00 WWE: Experience 8.00 Boots 'n' All 9.00 Ten Pin Bowling 10.00 Transworld Sport 11.00 Boots 'n' All 12.00 Ten Pin Bowling 1.00 US Open Tennis 1.00 Live US Open Tennis. Day four at Flushing Meadows in New York. 12.00 Live US Open Tennis. Day four at Flushing Meadows in New York. 4.00 Close

## Sky Sports 3

10.00 Powerboating 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 Powerboating 2.00 Ocean Adventures 2.30 Ten Pin Bowling 3.30 Live European Tour Golf. The European Masters. 5.30 FIFA Futbol Mundial 6.00 The Rugby Club 7.00 Premier League World 7.30 Live Premier League Snooker. Round one at the Penrith Leisure

Centre in Cumbria. 11.00 WWE: Late Night - Raw 1.00 Extreme Championship Wrestling 2.00 Premier League Snooker 5.30 Close

## British eurosport

7.30 World Rally Championship 8.00 GP2 Series 9.00 World Superbikes 10.30 Cycling: Vuelta a Espana 11.30 Cycling 12.00 US Open Tennis 3.00 Live Cycling: Vuelta a Espana. Stage five from Tarragona to Vinazcar. 4.45 Under-20s World Cup Football 5.00 Live US Open Tennis. The fourth day's play in New York. 12.30 Eurogoals Flash 12.40 Close

## Sky Sports Xtra

1.00 European Tour Golf 3.00 Watersports World 4.00 Ocean Adventures 4.30 Aerobics Oz Style 5.00 WWE Vintage Collection 6.00 IAAF Athletics Weekly 6.30 Race World 7.30 Live Rugby League. A Championship or Championship One match. 9.30 Golf Night 11.30 Watersports World 12.30 Race World 1.30 Rugby League 3.30 Close

If you would like to advertise on these pages

Call our Sales Manager 707 500 677



Everything in English



707 500 600



BBC1

6.00 Breakfast. (T) 9.15 Saints and Scroungers. (T) 10.00 Escape to the Country. (R) (T) BBC News: Weather. (T) 11.00 Homes Under the Hammer. (T) 11.30 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News: Weather. (T) 1.30 Regional News: Weather. (T) 1.45 Doctors. (R) 2.15 Murder, She Wrote. (R) (T) 3.00 BBC News: Weather. Regional News. (T) 3.05 CBeebies: Kerwhizz. (R) (T) 3.25 CBBC: Scoop. (R) (T) 3.55 Frankenstein's Cat. (R) (T) 4.05 Wait for It! (T) 4.35 Hotel Trouble. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson hosts the general knowledge quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)

6.00 BBC News: Weather. (T) 6.30 Regional News Programmes: Weather. (T) 7.00 The One Show. Live topical show in which reporters uncover the UK's most fascinating stories. Adrian Chiles and Christine Bleakley present. (T)

7.30 Real Rescues. A mobility scooter is spotted being driven erratically on a dual carriageway in the south of England and the fire service tackles a blaze that engulfs a house with a boy inside. (R) (T) BBC News: Regional News. (T)

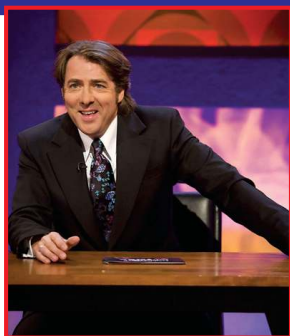
8.00 EastEnders. Lucas flees the scene of his tragic encounter with Trina and tries desperately to cover his tracks. Bianca sets off for a reunion with Ricky in the Vic, where she finds a shock awaiting her. Orlanda leaves the Square - but not before confirming Mo's suspicions that she was only trying to get her hands on Charlie's money. (T)

8.30 My Family. Ben buys the house next door, thinking it will be a great investment for the family, while Susan decides to track down a suitable girlfriend for Michael - much to his dismay. (R) (T)

9.00 Blackadder Rides Again. A celebration of the classic comedy, featuring interviews with all the main players, including Rowan Atkinson, Tony Robinson, Stephen Fry, Hugh Laurie and Miranda Richardson. (R) (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 Friday Night with Jonathan Ross. New series. The host returns for the autumn run of his chat show. In the first programme, he talks to TV chef and campaigner Jamie Oliver, whose new series started on Channel 4 on Tuesday, as well as comedian and actor Ricky Gervais, whose first movie as a director The Invention of Lying is released in cinemas in October. Pop star Mika is also in the studio. (T)

11.35 The National Lottery EuroMillions Draw. OJ Borg presents the draw. (T) 11.40 FILM: Pulp Fiction (1994). Crime drama, starring John Travolta; (T) Weatherwise. (T) 2.10 Sign Zone: Rock 'n' Roll Hotel. (R) (T) 2.50 Sign Zone: Silverville. (R) (T) 3.20 Sign Zone: Economy Gastronomy. (R) (T) 4.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Lunar Jim. (R) (T) 7.10 The Large Family. (R) (T) 7.20 Telly Tales. (R) (T) 7.35 LazyTown. (R) (T) 8.00 CBBC: Arthur. (R) (T) 8.15 Arthur. (R) (T) 8.30 Do Something Different. (T) 8.55 Skunk Fu! (R) (T) 9.10 Eliot Kid. (R) (T) 9.25 League of Super Evil. (R) (T) 9.35 ChuckleVision. (R) (T) 9.50 Sam & Mark's Guide to Dodging Disaster. (T) 10.00 Horrible Histories. (R) (T) 10.30 The Slammer. (R) (T) 11.00 FILM: His Girl Friday (1940). Comedy, starring Cary Grant and Rosalind Russell. (T) (bw) 12.30 Working Lunch. (R) 1.00 Open Gardens. (R) (T) 1.30 Animal Park. (R) (T) 2.15 House Swap. (T) 3.00 Monk. (R) (T) 3.45 Flog It! (T) 4.00 Pointless. (T) 5.15 The Hairy Bikers' Food Tour of Britain. (T) 6.00 Eggheads. (R) (T) 6.30 Trust Me, I'm a Dealer. (T) 7.00 The Great British Parakeet Invasion. The high numbers of the birds living wild in south-east England. (R) (T) 7.10 Ganges. The story of one of the world's most important rivers. (R) (T) 8.00 Mastermind. Subjects include Apple Records and Maximilien Robespierre. (T) 8.30 Gardeners' World. Sara Cox discusses her first year growing vegetables. (T) 9.00 The Tudors. Henry mourns the death of his queen. (T) 9.50 Coast. The wartime requisition of 3,000 homes on the Devon coast. (T) 10.00 Qi. With Jimmy Carr, Sean Lock and Marcus Brigstocke. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Reading and Leeds Festival. (T) 1.05 The Wire. (R) (T) 2.05 The Wire. (R) (T) 3.05 The Wire. (R) (T) 4.00 Close.

Pick of the Day

Friday Night with Jonathan Ross (BBC1, 10.35pm)

With last year's controversy nothing but an unpleasant memory, perhaps 'Wossie' can get back to doing what he does best - making us all laugh on a Friday night while he waxes lyrical with a whole slew of famous faces. Yes, that's right, TV's most controversial chat show host returns for a brand new run of Friday Night with Jonathan Ross and while his detractors sit at home tut-tutting, his fans will be all giddy with excitement ahead of the new series. He might not be everyone's cup of tea, but Friday nights wouldn't be the same without his unique chat show which always boasts an eclectic mix of celebrity guests. Jonathan's first guest is Jamie Oliver, who has just travelled across America to learn about the social issues and the diverse cultures of 21st-century America through food. Next on the shiny black sofa is Jonathan's old friend Ricky Gervais, who is always an absolute hoot whenever he is on the show. The Office star is in town to promote his latest film, The Invention of Lying, which also stars Jennifer Garner, Rob Lowe and Patrick Stewart. Jonathan's final guest of the night is pop star Mika, whose second album The Boy Who Knew Too Much is due to be released later this month.

C4

6.00 The Hoobs. (R) (T) 6.25 Yo Gabba Gabba. (R) (T) 6.50 Everybody Loves Raymond. (R) (T) 7.10 Big Brother's Little Brother. (T) 7.35 Big Brother. (R) (T) 8.45 Will & Grace. (R) (T) 9.15 Friends. (R) (T) 9.45 Beauty & the Geek. (T) 10.35 Beauty & the Geek. (T) 11.30 Friends. (R) (T) 12.00 News at Noon. (T) 12.30 3 Minute Wonder: Bag Ladies. (R) (T) 12.35 10 Years Younger: The Challenge. (R) (T) 1.35 FILM: Captain Ron (1992). Maritime comedy, starring Kurt Russell. (T) 3.25 Countdown. (T) 4.10 Deal or No Deal. (T) 5.00 Wogan's Perfect Recall. (R) (T) 5.30 Come Dine with Me. (T) 6.00 The Simpsons. (R) (T) 6.30 100 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.30 3 Minute Wonder: Exposed. A dancer explains why she enjoys stripping for men. Last in the series. (T) 7.35 The Yorkshire Clamper. A notorious car clamper in the village of Haworth. (T) 8.00 The Boy Who Was Born a Girl. A teenager diagnosed with gender dysphoria. (T) 8.30 Big Brother Live Final. The grand finale of the 10th series. (T) 9.30 The Kevin Bishop Show. Sketch show. Last in the series. (T) 10.00 Big Brother Live Final. The winning housemate is announced. Last in the series. (T) 11.15 The Inbetweeners. (R) (T) 11.40 The Inbetweeners. (R) (T) 12.15 4Music Favourites: Jamie T. (T) 12.45 4Music: APlay: Zero 7. (T) 1.00 4Music: The Crips. (T) 1.15 Big Brother's Big Mouth. 2.00 UR SO V4IN. (R) (T) 2.25 FILM: The Eve of St Mark (1944). World War Two romantic drama, starring William Eythe. (T) (bw) 4.05 British Triathlon Grand Prix. (R) (T) 4.35 FIVB Beach Volleyball. (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake! Elmo's World. (R) (T) 6.15 Pocoyo. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 The Beeps. (R) (T) 6.45 Roobarb and Custard Too. (R) (T) 6.55 Peppa Pig. (R) (T) 7.00 The WotWots. (R) (T) 7.10 Mio Mao. (R) (T) 7.15 Milkshake Monkey. (R) (T) 7.20 Bert and Ernie's Great Adventures. (R) (T) 7.25 Milkshake! Pop Box. (R) (T) 7.30 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Fil and the Flowerpots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Little Princess. (R) (T) 8.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 9.00 The Mr Men Show. (R) (T) 9.15 The Wright Stuff. (T) 10.15 Trisha Goddard. (R) (T) 11.45 Michaela's Animal Road Trip. (T) 12.40 Five News. (T) 12.50 Lemur Island. (R) (T) 1.40 Zoo Days Shorts. (R) (T) 1.45 Neighbours. (R) 2.15 Home and Away. (T) 2.50 I Own Britain's Best Home: Flying Visits. (R) (T) 3.05 Zoo Days Shorts. (R) (T) 3.10 FILM: Before You Say I Do (2009). Premiere. Romantic comedy, starring David Sutcliffe and Jennifer Westfield. (T) 5.00 Five News: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Extraordinary Animals. (R) (T) 7.00 Five News at 7. (T) 7.30 Top Trumps: Earthmovers. A 104-ton bulldozer versus the world's biggest dumper truck. Last in the series. (R) (T) 7.30 Five News Update. (T) 8.00 Brighton Beach Police. New series. The work of emergency services in the coastal resort. (T) 8.00 Five News at 9. 9.00 NCIS. A nuclear power plant inspector suffers radiation poisoning. (R) (T) 10.00 Law & Order: Criminal Intent. Logan makes a pledge to a dying friend. (T) 11.00 CSI: Miami. (R) (T) 12.00 Cricket on Five. 12.55 Quiz Call. 4.00 The FBI Files. (R) (T) 4.45 HouseGuests. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 House Gift. (T) 3.00 Dickinson's Real Deal. (T) 3.59 London Weather. (T) 4.00 Rosemary & Thyme. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Faye goes suspicious of Ryan and Cain's date and puts an end to Ryan's job at the garage to keep him out of trouble. Michael makes a confession to Debbie during a romantic night together, Sally surprises Ashley by telling Vincent their cricket practice went well and Moira steps in as chef when Marlon calls in sick. (T)

7.30 Coronation Street. Becky decides to flee after overhearing Liz and Deirdre discussing the effects of her going to prison. Emily is upset to learn Ramsay's cremation will take place in Australia. Sally plans a surprise dinner party for Kevin's birthday, while Claire and Ashley's arguments over the vasectomy intensify. (T)

8.00 From Bin to Banquet: Tonight. (T)

8.30 Coronation Street. The Websters' dinner party descends into acrimony as Claire's drunken snipes at Ashley and Sally's jokes about Kevin lead Molly to snap. Steve is frantic when he realises Becky has gone, but Roy is able to point him in the right direction. Peter finds he may not be ready to move on, and Jack celebrates Vera's birthday. (T)

9.00 Rebus. Ken Stott takes on the role of Ian Rankin's Edinburgh detective. Rebus tries to discover the significance of an intriguing clue left at the scene of an eminent doctor's murder - a tiny coffin containing an effigy of a baby. A subsequent killing suggests parallels with an unsolved case, and the investigation gradually focuses on one of the city's wealthiest families. Thriller, with Claire Price. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.35 FILM: Intolerable Cruelty (2003). Comedy, starring George Clooney. (T)

12.25 Nightwatch with Steve Scott: Crime: The (R) ITV News Headlines. 1.20 FILM: How High (2001). Comedy, starring Method Man. (T) 2.55 ITV Nightscreen.

(R) - repeat programme;  
(T) - programme with teletext subtitles;  
(S) - programme broadcast in stereo;  
(bw) - black and white.

LOCAL

RTP1

0630 Bom Dia Portugal 1000 Verão  
Total 1300 News 1415 Chamas da Vida 1500 Sanguê do Meu Sanguê 1545 Verão Total 1800 Portugal em Directo 1905 Preto Certo 2000 News 2100 Antes Pelo Contrário 2115 Jogo Duplo 2215 Teleturais 2315 Film 0115 Prison Break 2355 0200 Amor e Intrigas 0400 Telesales 0600 Euronews

RTP2

0715 Zig Zag 1400 Saved, series 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 A Minha Sogra é uma Bruxa 1930 Zig Zag 2045 The Big Bang Theory, series 2115 National Geographic 2200 News 2240 Mad Men, series 2330 30 Rock, series 0030 5 Para a Minha Noite 0130 War and Peace, miniseries 0230 Bastidores 0300 Pálos 0430 Euronews

SIC

0600 Sic Notícias 0700 Sic Kids 0800 A Minha Família é uma Animação 0900 Tween Box 1000 O Mundo de Patty 1100 Sic ao Vivo 1300 News 1415 Mulheres Apaixonadas 1515 Três Irmãs 1600 Sic ao Vivo 1900 Não Há Crise 2000 News 2130 Salve-se Quem Pudor 2245 Camilo & Filho 2315 Caminho das Índias 0030 Jericho, series 0215 Quando o Telefone Toca <channels>=TVI 0700 Diário Da Manhã 1015 Você na TV! 1300 News 1400 As Tardes da Júlia 1700 Quem quer Ganha 1815 Morangos com Açúcar 2000 News 2130 Euromillions 2145 Deixa Que Te Leve 2245 Sentimentos 2345 Flor do Mar 0030 Film 0215 Sempre a Somar 0400 Law & Order: Special Victims Unit, series 0530 Telesales

Best of the Rest

BBC3

7.00 Top Gear 8.05 The Real Hustle 9.30 Merlin 9.15 Merlin 10.00 EastEnders 10.30 Don't Tell the Bride 11.30 Family Guy 11.50 Family Guy 12.15 We Are Kluge 12.45 Tough Guy or Chicken? 1.45 Can I get High Legally? 2.40 Don't Tell the Bride 3.40 The Real Hustle 4.10 Tough Guy or Chicken? 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 BBC Proms 2009 9.40 Rough Trade at the BBC 10.40 Do It Yourself: The Story of Rough Trade Records 12.10 Rich Man, Poor Man - Ben Dover Straightens 1.10 Rough Trade at the BBC 2.10 BBC Proms 2009 4.20 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Ricki Lake 5.15 Sally Jessy Raphael 6.00 Judge Judy 6.30 Jason Donovan: The Hot Desk 6.45 The X Factor 8.00 The X Factor 9.00 Film: The Last Samurai 15 (2003) 12.00 What Katie Did Next 1.00 Coronation Street 1.30 Coronation Street 1.55 The Xtra Factor 2.45 Emmerdale 3.10 Teleshopping 5.40 ITV2 Nightscreen

Sky1

1.00 Don't Forget the Lyrics 2.00 UK Border Force 3.00 Stargate Atlantis 4.00 Stargate Atlantis 5.00

Malcolm in the Middle 5.30 Futurama 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Grease: The School Musical 9.00 Girls Aloud: Out of Control 10.30 Night Cops 11.30 Miami Swat 12.30 Road Wars 1.30 Bones 2.25 Road Wars 3.20 Inside: Teen Lookdown 4.15 Don't Forget the Lyrics 5.10 Are You Smarter Than a 10 Year Old?

GOLD

1.00 Last of the Summer Wine 1.40 Open All Hours 2.20 The Green Green Grass 3.00 Steptoe and Son 3.40 The Brittas Empire 4.20 As Time Goes By 5.00 As Time Goes By 5.40 My Family 6.20 Last of the Summer Wine 7.00 Last of the Summer Wine 7.40 Open All Hours 8.20 The Green Green Grass 9.00 Only Fools and Horses 9.40 Absolutely Fabulous 10.20 Jonathan Creek 11.40 Only Fools and Horses 12.40 Absolutely Fabulous 1.00 Murder Most Horrid 1.40 Steptoe and Son 2.15 The Two Ronnies 3.00 Close

TCM

1.00 The Shop Around the Corner U (1940) 3.00 Crossing Delancey PG (1988) 4.50 The Postman Always Rings Twice PG (1946) 7.00 Hooper PG (1978) 9.00 Spawn 15 (1997) 11.00 The Hand 18 (1981) 1.00 Spawn 15 (1997) 2.40 Classic Shorts 2008 3.00 Teleshopping 5.00 The Shop Around the Corner U (1940)

The Disney Channel

Kids' programmes from Tam, except: 8.00 Film: Princess Protection Program PG (2009) Family comedy, starring Selena Gomez, 10.00 Film: Camp Rock PG (2008) Musical, starring Demi Lovato.

MOVIES

Sky Movies Drama

6.00 The Legend of 1900 15 (1998) 8.15 Silkwood 15 (1983) 10.30 The Neighbor 12 (2008) 12.15 Instinct 15 (1999) With Anthony Hopkins. 2.30 The Movie Geek 3.00 Out of Africa PG (1985) With Meryl Streep. 5.45 Jindabyne 15 (2006) With Gabriel Byrne. 8.00 3:10 to Yuma 15 (2007) With Russell Crowe. 10.10 The Brave One 18 (2007) With Jodie Foster. 12.20 What's Your Love Got to Do with It 18 (1993) With Angela Basset. 2.20 Atomement 15 (2007) With Keira Knightley. 4.30 The Top 10 Show 4.50 Deep Family Secrets PG (1997)

Sky Movies Comedy

6.25 More of Me PG (2007) 8.00 Are We Done Yet? PG (2007) 9.35 Baby Mama 12 (2008) 11.20 Police Academy II: Their First Assignment 15 (1985) With Steve Guttenberg. 1.00 Mamma Mia! PG (2008) With Meryl Streep. 3.00 Deuce Bigalow: Male Gigolo 15 (1999) With Rob Schneider. 4.35 Baby Mama 12

The cost of a bean is all it takes to talk to one of our readers

HOW?  
call our Sales  
Manager on  
707 500 677



Lost in a foreign land?

If you can't make contact because  
you don't know the number, DQ can help  
we can find your number in one minute

Mon-Fri 09:30 - 18:00



from: fixed phones • call boxes,  
mobiles  
and mobiles on roaming  
National & International  
Business & Private

Calls cost 60c

directory  
enquiries

760 50 60 70

PART OF  
THE  
News  
GROUP  
Established 197

Eu também leio o  
The Portugal News  
Tel 707 500 677



## ADVERTISING & PUBLICITY

Use this gifts to increase your sales!

**Inácio Alves**  
Editor • Marketing  
Publicidade & Serviços  
Rates include printing colour transfer 10 x 6 cms - 1 side 1 color

Always have offers, to give  
"away" to your clients!

white T-shirt 140 grs	white T-shirt 160 grs	Color T-shirt 165 grs
50 x 2,40 € 100 x 1,90 € 250 x 1,80 € 500 x 1,70 € 1000 x 1,60 €	50 x 2,80 € 100 x 2,20 € 250 x 2,10 € 500 x 2,00 € 1000 x 1,90 €	50 x 3,20 € 100 x 2,80 € 250 x 2,50 € 500 x 2,20 € 1000 x 2,00 €

Promotion this month

white T-shirt lady 160 grs nick	color T-shirt lady 160 grs nick	Pens from 0,20 € x 1000
50 x 3,00 € 100 x 2,50 € 250 x 2,30 € 500 x 2,20 € 1000 x 2,00 €	50 x 3,80 € 100 x 3,50 € 250 x 3,30 € 500 x 3,20 € 1000 x 3,00 €	

For more information or ideas for other articles, contact us!

This prices includes the printing 1 side/1 color Add postage and 20% VAT

Sales Conditions: 50% with the order + 50% layout approval

[www.amelhoropcao.com](http://www.amelhoropcao.com) / [www.inalves.com](http://www.inalves.com)

Contact: 289 721050 - 968 639468 / [inalves@mail.telepac.pt](mailto:inalves@mail.telepac.pt) • OLHÃO

The 6th largest weekly  
newspaper in Portugal,  
in ANY language!

[www.the-news.net](http://www.the-news.net)

**THE PORTUGAL  
News**  
Established 1977

## ANTIQUES

INVEST YOUR MONEY IN ANTIQUES

**ANTIQUES**

Fred Peeters - Dutch Antiques Dealer

Largest Collection of  
European Antiques in the Algarve  
400m2 showroom

• We buy and sell quality antiques •

OPEN ONLY Sat & Sun  
10.30 - 17.00 inc. lunch hour  
or by appointment

Tel • 282 338 602

Quinta das Cortes, 316 • EN 124 Grelheira • S.B. Messines



## BLINDS

**M2M BLINDS**  
see how we measure up

- ◆ Made to measure Vertical & Roller blind specialist
- ◆ All other types of window blind available
- ◆ Choose from our extensive range of fabrics including Solar reflective & Black out
- ◆ Covering the whole of the Algarve, and Portugal
- ◆ Free measuring & fitting
- ◆ Domestic & commercial applications
- ◆ All products carry a 12 month guarantee

**M2M BLINDS - We come to you**  
Phone now for a free no obligation quotation  
Contact Denny on 286 518 059 or 932 894 709  
[www.m2mblinds.com](http://www.m2mblinds.com) [m2mblinds@hotmail.com](mailto:m2mblinds@hotmail.com)

## BOOKS

**ALGARVE**  
Edifício "O Galeão" Loja 1  
Rua dos Pescadores  
8400-512 CARVOEIRO LAGOA

**BOOK**  
Temporary Tel. nº  
282 354 310

**CELLAR**  
Tue - Fri 9.30 - 5.00 Sat: 9.30am - 2.00pm  
[raymond.compton@netvisao.pt](mailto:raymond.compton@netvisao.pt)

English Language  
Book Exchange  
Refunds on return  
New books to order  
Audio Books  
C.D.'s Cards  
Videos

## BUREAUCRACY

**For Tax Assistance and  
Fiscal Representation  
Contact the Specialists:**

Sovereign - Consultoria Lda

+351 282 340 480

[port@SovereignGroup.com](mailto:port@SovereignGroup.com)

[www.SovereignGroup.com/Portugal](http://www.SovereignGroup.com/Portugal)

**SOVEREIGN**

**Tired of paperwork?  
JST deals with it for you**

We take care of...

Vehicle legalization • Road taxes (Imposto Único de circulação) • Tax office bureaucracy  
Driving licence (renewal, change of address, category...) • Residency applications  
House renting • Finding temporary accommodation (house or apartment)  
Water, electricity and telephone contracts • Vehicle registration (Documento Único)

Saving your time and solving your problems!

Sítio da Coutada, Edifício Moagem - Loja A, 8900-027 Vila Nova de Cacela. Nr. Tavira  
T: 281 951 108 • Tlm: 962 831 105 • email: [jst.doc@sapo.pt](mailto:jst.doc@sapo.pt)

## BUTCHERS

**THE ENGLISH BUTCHER**

- \*English Sausages
- \*Bacon & cuts of meat
- \*Other South African Products
- \*T-Bones
- \*South African Sausages (wors)
- \*Ham off the bone

**THE ENGLISH BUTCHER**  
Rua da República, 14  
8135 ALMANCIL

Tel: 289 395 859  
Res: 289 397 289  
Mob: 965 864 682

## CARPENTRY

**THE WOODENTOPS  
CARPENTRY WORKSHOP**

30 Years + Experience in the Algarve

Our qualified joiners and cabinet makers provide a bespoke service making anything in wood

Furniture Restoration • Custom Made Kitchens  
• Display Units & Shelving  
All Bedroom Furniture • Tables for all occasions  
• Wooden Houses • Windows & Doors  
• Pergolas & Decking • Wooden Kennels

• Building Services • New Builds & Restorations  
• Maintenance & Repairs • Electrica & Plumbing

Tel: 289 396 909 / Mobile: 966 001 922

Vale Formoso, Al Mancil Email: [theworkshop@sapo.pt](mailto:theworkshop@sapo.pt)

## COMPUTERS & OFFICE SUPPLIES

**FULL REPAIR & SERVICING CENTRE**  
ACCESS TO OUR NETWORK OF FIELD ENGINEERS  
100'S OF GENUINE ENGLISH LAPTOPS & DESKTOPS  
CONVERT PORTUGUESE SYSTEMS INTO ENGLISH  
FREE INTERNATIONAL PHONECALLS  
1 MINUTE FROM AQUALAND ON THE EN125

**282312044 & 913087160**

**ALGARVE LAPTOPS**

[SUPPORT@ALGARVELAPTOPS.COM](mailto:SUPPORT@ALGARVELAPTOPS.COM)  
[SALES@ALGARVELAPTOPS.COM](mailto:SALES@ALGARVELAPTOPS.COM)

We repair & maintain ANYthing to do  
with a computer or network

**PC SURGERY**

**WORLD TELECOM**

Call our Hotline  
707 940 332

**Algarve Computer Solutions**  
The Personal Touch

English desktops & laptops - supplied direct to your door  
Repairs, upgrades & installations - carried out at your home  
Free International calls - set up on your computer or phone

Whatever your requirements we are here to make life simple

282 471 148 - 962 598 966

[WWW.ALGARVECOMPUTERSOLUTIONS.COM](http://WWW.ALGARVECOMPUTERSOLUTIONS.COM)

We'll keep your  
company's IT  
systems backed up  
and safe with 24/7  
support by  
Microsoft Certified  
engineers

**BlueChipIT**  
Ensuring your business IT  
works for YOU

Call 707 500 600 • Kurt Pardon • IT Director

## EDUCATION

**Centro de Línguas  
de Lagos**

- Learn Portuguese in small, friendly groups.
- Enjoyable beginners course starts 14 September.
- Individual lessons and evening classes available.
- Efficient translation service.
- Recognised by the Ministry of Education.

Tel: (+351) 282 761 070 | Fax: (+351) 282 761 070  
email: [info@centrodelinguas.com](mailto:info@centrodelinguas.com) | [www.centrodelinguas.com](http://www.centrodelinguas.com)  
Rua Dr Joaquim Tello, nº 32, 1º esq, 8600-583 Lagos

**LEARN  
and get connected**

**Portuguese**

Intensive courses (3 weeks)  
Beginners courses (32 hours)  
Intermediate courses (32 hours)  
Conversation courses (year-long)

recognised by:

Portimão - Jardim Gil Eanes - Tel: 282 430 250 internet: [www.clcc.pt](http://www.clcc.pt) e-mail: [geral@clcc.pt](mailto:geral@clcc.pt)



ENTERTAINMENT



**Cineworld Solutions Ltd**  
PERFECT FORM & FUNCTION  
SHOWROOM & HEAD OFFICE  
EN125, Bloco I-ID,  
Vale de Lousas, Alcantarilha  
info@cineworldsolutions.com  
(+351) 282 312 876  
www.cineworldsolutions.com

We specialise in home cinema solutions including: Multi-room Audio/Visual Data and Communication Distribution, Scene Lighting, Control, Power Control, CCTV, Electrical Installation and Cinema Furniture in and around the Algarve region of Portugal.

Our expertise is the design, specification, installation, commissioning and aftercare of domestic and commercial cinema system integration. Please contact us to see how our service and products can improve your lifestyle.

Whatever we organise  
You and your guests will give  
**A STANDING OVATION**



Parties for adults and children, entertainers, weddings, corporate events. However large or small, we can make your event a great success, and keep to your budget

**STANDING OVATION**

Call 914 599 933  
Entertainment:  
www.standingovationalgarve.com  
Weddings:  
www.algarveblessings.com



See page 2 for our exact print run this week.

To advertise, call our Sales Manager on 707 500 677

FASHIONS

*Fi-Line*  
*Fashions*

**BIG SUMMER SALE NOW ON**

25% - 50% OFF ALL SUMMER STOCK

Sizes 12 - 22 available

Open Monday to Friday 10am to 1pm and 3pm to 6pm, Saturday 10am to 1pm. Call Fiona for more information on 282 312 936. Located on Av do Rio, Ed. Almadra, Loja B, Armazão de Pêra (Opposite the football ground)

www.luzworld.com



**Luz World**  
Quality European Menswear

A fine selection of Shirts, Knitwear and Trousers from some of Europe's leading manufacturers.

Big & Tall sizes available  
Open 7 days until late

Centro Commercial Isla Canela • Ayamonte  
Tel +34 959 479 259 • +34 661 654 883

FLYSCREENS & MOSQUITO CANOPIES



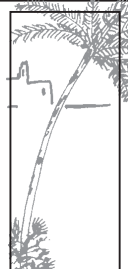
**FLYSCREEN RANGE**

- Many Different Flyscreen Types
- Vertical and Horizontal Operation
- Fiat and Pleated Screens
- Many Colours of Aluminium to Choose From
- Choose at Home • We Come to You
- 12 Months Guarantee
- Phone Now for a Free No Obligation Quotation

**M2MBLINDS**

Contact Denny on 286 518 059 or 932 894 709 or visit www.m2mblinds.com or e-mail m2mblinds@hotmail.com

GARDENING



**HARVEYS OF LOULÉ**

Garden Construction • Garden & Pool Maintenance • Home Renovations • Repairs & Painting • Villa Maintenance & Cleaning Service

Apt 3, Loulé 8100 - 606  
Tel: 289 412 462 Fax: 289 422 322  
Mob: 916 048 671 email: harvcor@sapo.pt

HEALTH & BEAUTY



**CLÍNICA DENTÁRIA**  
Drª Cristina Fernandes  
Médica - Dentista - U.P.

**HEALOZONE**

The new method to heal your tooth decay  
Dental Surgeon  
English Spoken  
R. João Menezes Nº8 R/C  
near the old slaughterhouse  
8400 Lagoa  
Tel: 282 34 29 20

HEATING & COOLING



**SACL**

Air conditioning & heating units  
Central Heating  
Swimming pool heating  
Automatic pool covers  
Solar hot water heating systems  
Dehumidifiers  
Jacuzzis

Vale de Lousas • EN 125 • Alcantarilha  
Tel 282 314190 / 322 172 • Fax 282 314 191  
email: sacl@mail.telepac.pt

**Fires Of Portugal**  
Woodburning

Geoff Waller's on site advice and quotation. Small building works, servicing and repairs. Reconditioned fires. Importers of the best in woodburning.

**Chimney Sweeping across the Algarve from 45€**

TEL 289 489 958 • MOBILE: 967 721 209  
carolinsalir@mail.telepac.pt

**Villager Aarrow fogo montanha**

To advertise, call our Sales Manager on 707 500 677

**MC Mister Cool**

Keep cool with **Mister Cool** this summer

- Air conditioning
- Refrigeration
- Solar panels
- Maintenance
- Pool construction, heating & covers
- Automatic pool covers
- Central vacuuming

**Air conditioning by:**  
FUJITSU • GENERAL • DAIKIN • MITSUBISHI HEAVY INDUSTRIES LTD.

**Solar panels**

**Pool Heaters**  
Astral pool heaters

**Heat Siphon**

Open Saturday morning  
Rua Mouzinho de Albuquerque - Lagoa Residence 2 - Loja 3  
8400 LAGOA - Algarve • Tel./Fax 282 381 364  
Email: mistercool\_telmorodrigues@hotmail.com

Telmo Rodrigues  
Mobile: 917 175 818

**DOMUS**  
ELECTRIC FLOOR HEATING

The CHEAPEST way to heat your house

**NO gas, NO oil, NO maintenance**

www.domus-heating.com

EN-125 Sítio Benfarras, Nº 552-a Boliqueime  
Tel: 289 322 852 • mail domusheating@mac.com

LAWYERS

**Ana Luisa Duarte**

**ADVOGADA**  
**LAWYER**  
**RECHTSANWALT**



Rua Francisco Xavier Ataíde de Oliveira, 33-A  
8600-775 Lagos - Portugal  
Tel. +351 282 792 766 - Fax. +351 282 764 002  
E-mail: anaduarteadv@hotmail.com



We're in the business of keeping **YOU** in business

To advertise, call our Sales Manager on 707 500 677



## POOLS



### FAMILY SAFETY FIRST

We fit composite fibreglass posts that will not bend or corrode like aluminium posts. These have a LIFETIME WARRANTY. Act now to comply with the new regulations soon to be introduced in Portugal.

## POOL SAFETY FENCING

IS YOUR POOL CHILD SAFE?

poolfencing@aol.com  
Tel: 919 892 518 or  
910 666 613

*Your Own Water Paradise...*

**Fernando M. Lourenço**

Swimming pools • Spas  
Saunas • Maintenance  
Solar systems • Heat pumps  
Irrigation • Plumbing  
Pumps

Parque Empresarial do Algarve, Lote 11R/C  
Cx Postal Nº440 - 8400-431 Lagoa  
Tel/Fax 282 353 543 Mobile: 917 812 448  
Email: fml.lda@sapo.pt

## PROPERTY SERVICES

**Blocked Drains? Call: ANDY**

• Personal  
• Professional  
• Guaranteed Service at all times

**24 HOUR SERVICE**

drinking8@aol.com

**DRAIN KING ESGOTO-REI**

Tel/Fax: 282 471 335 | Mobile 918 647 305

To advertise, call our  
Sales Manager on 707 500 677

Chlorine Free Eco-Friendly  
Swimming Pool Treatment

**PoolSan**

**100% CHLORINE FREE**

- ✓ Non toxic when ingested in swimming pool water
- ✓ Promotes softer, sparkling blue, crystal clear water
- ✓ Odourless - no more chlorine smells or residues
- ✓ Hypo-allergenic - does not cause eye or skin irritations, ear infections or asthma attacks
- ✓ Lasts up to three times longer than Chlorine

**HOME**

Estr. Nacional 125 • Sítio do Carmo  
8400-405 • Lagoa  
Tel: 282 353 022 • Fax: 282 353 934  
comercial@home-pt.com

**Iberia BLUE**

The Pool Specialists

**Pool Construction & Renovation**

10 years experience in the Algarve constructing concrete pools, offering you strong structures and quality pool designs to suit your budget.

New to Europe, a shimmering pool finish with brilliant colours guaranteed not to fade.

Pool looking tired, cracked, tiles falling off, leaking. We can renovate your pool.

**Pool Safety Nets**

- Easy On and Easy Off
- Black Netting for Ponds
- Pool and Garden ambience maintained
- 100% Safety Record

**Pool Safety Fencing**

- Removable in Minutes
- Convenient access for adults
- Climb Resistant

www.iberiablue.com

Dave & Amanda Mitchell  
Email: info@iberiablue.com  
Mobile: 00351 913 393 421  
Phone or Fax: 00351 282 761 116

**Norman Groundworks**

For garden planning and construction.

Construction of terraces, patios, paths, driveways, access roads, pergolas, shade areas, ponds, lakes, water features, installation of hedging, fencing, land cleared.

For quotation call Norman now on 282 332 899 or 963 134 129  
ngw1@clix.pt • www.landscapingalgarve.com

**GFS Metalworks**

- Specialists in Secure Ornamental Metalworks
- All general steel fabrication
- For a Free Quote, Design Service

Call Andrew 933 555 387  
Office: 282 449 270

www.gfs-metalworks.com  
info@gfs-metalworks.com

**POOL HEATING**

Air Energy Heaters - The leader in economical pool heating

- Digital Control
- Titanium Heat Exchanger
- High Performance - low power consumption
- Est. Over 20 years

**SAFETY FENCING - KEEP KIDS SAFE**

Can be completely removed or replaced within 2 mins.  
Helps prevent debris from reaching the pool  
Weather resistant • Professionally installed  
Easy for Adults - Safe for Kids  
Your child is safe even while you swim  
Developed over 30 years ago  
99% transparent 'Securtex' mesh

**PURE POOLS**

**PURE POOLS PISCINAS PURAS LDA**  
Tel: 282 760 033 • 919 517 868 • Fax 282 760 034  
purepools@yahoo.com • www.purepools.com

**NEW SHOP**  
Ecosistemas  
Garden Centre

**ODEXLAR**  
Founded in 1978

Professionals in cleaning products, hygiene and pool chemicals  
Odex Pool - Agents: DELSA | P.Q.S. | OXIDAM | ASTRAL | CTX

Odexlar Lda  
Zona Industrial do Chincato, Lote 4 - 8600-306 Lagos  
Tel: 282 798 463 / 919 845 658 / 961 345 276 Fax: 282 798 030  
Email: odexlar@mail.telepac.pt Web: www.odexlar.com

**Chemical Products**  
Hygiene - Industrial Cleaning  
Hotel & Restaurant Industry  
Hospitals, Schools & Retirement homes  
Swimming pools & water treatment

## PAINTING & DECORATING

**James Walker**

**Professional Painting & Decorating**

No job too small

Mbl: 967944660  
walkers@sapo.pt

**Rococco Stone**  
Ceramic & Natural Stone Tiles  
Stone and Ceramic Sanitary ware  
Rua Direita, Praia da Luz, Lagos

Opening Hours:  
10am - 6pm Mon-Fri (lunch 1-2)  
10am - 12pm Saturday  
Tel: +351 282764035  
Rococcostone@msn.com  
www.rococcostone.com

Your professional  
**drain cleaner**  
best results

**PROFILIMPO**

Root removal, power jet cleaning, camera inspection, electronic blockage detection

Tel. 914 145 117 - Thomas Grünberg

**AQUAPURA LDA**  
SINCE 1989

**POOL COVERS**  
Now Available:  
DI:Y Solar covers

Tel: 282 763 605  
Tlm: 967 025 157  
Eastern Algarve  
967 465 305  
info@aquapura.com.pt  
www.aquapura.com.pt

**THE PORTUGAL News**  
Established 1977

See page 2 for our exact print run this week.

To advertise, call our  
Sales Manager on 707 500 677

**Villa Gates**

Ornate & contemporary gates.  
Lots of designs. Made to order.

Why not see if I can make your old gate look good.

Very reasonable prices. Call Andy  
for free quote 309 403 075 • 912 642 477



## REMOVALS&STORAGE

Weekly removals service to and from the UK, Algarve & Ireland

With full packing & storage facility in the UK & Algarve, from 1 box to full or part load shipments.

Transportation of cars, boats & motorbikes. Local removals and deliveries within the Algarve. Guarantee your peace of mind & safety of goods

The General, Main Road, Boreham, Chelmsford, Essex CM3 3HJ  
UK - Tel: 0044 (0) 1245 468888 • Mob: 0044 (0) 7711 179842  
Algarve: Tel: 289 513 851 • Mob: 969 134 801  
Email: sales@algarveremovals.com  
Web: www.algarveremovals.com



Removals & Transport \* Packing Service & Storage \* Local, National & U.K. \* With 20 years experience We offer the Personal Touch

Members of British Portuguese Chamber of Commerce

Mob: 939 486 870, 939 486 807, Tel: 281 963 191  
neilandem@sapo.pt • www.ne-internationalremovals.com  
UK office: 0044 (0) 1268 523 029

## REMOVALS & STORAGE

- \* Local, National & European Removals
- \* Scheduled Route - Portugal-UK-Portugal
- \* International Shipping
- \* Storage \* Packing
- \* Long established & professional service

### New Concept International

Armazem 3, Sítio do Além, Almancil.  
Tel.: (00351) 289 395 105

UK: 08 450 046 827 Mobile: 968 031 955

Email: d.wright@mail.telepac.pt www.newconceptint.com

## U-STORE SELF STORAGE



- \* Individual locked units
- \* Daily access
- \* Dry and Clean
- \* For homes & business

\* Also storage for cars & caravans etc.

Urb. Industrial Marateca, lote 26 - Chincato - 8600 LAGOS  
Tel / Fax: 282 798 490 - Telem: 917 010 365  
www.u-store-portugal.com • info@u-store-portugal.com

To advertise, call our  
Sales Manager on 707 500 677

## AIM

### Removals & Storage

On-site secure storage  
Local, National, UK and European removals  
International shipping • Professional packing service  
Call into our office or visit us at [www.aim.com.pt](http://www.aim.com.pt)

Parque Ind. do Infante • Unit 8 • EN 125 • Torre • Odiaxere  
Tel: 282 799 141 • Fax: 282 799 146  
Email: info@aim.com.pt



View these pages  
**FREE**  
on-line at  
[www.the-news.net](http://www.the-news.net)

To advertise, call our Sales  
Manager on 707 500 677

## SATELLITE TV



### TELECOMMUNICATIONS & AUDIO

"The Latest Equipment at the Best Prices"

**All Satellites TV** ( English, German, Spanish, Dutch, French, Italian, Arabic, Russian TV...)  
**Digiboxes** ( SD, Sky +, Sky HD, MultiCAM, PCMCIA, Freerview, Freesat HD )  
**MultiCards & Much more**

All **BBC & ITV** + Ch 4 & 5 + News + Movies + Kids + Music + Sports + Many others + Radio

Get 350 TV channels & 200 Radio stations **FREE**

**Terrestrial Digital** ( Portuguese channels ) **FREE**

**Cable TV** ( Movies + Sports + Knowledge + Kids + News + Series + Adult + Video on Demand )

**VCR, DVD HD, Internet** ( Broadband )

**Audio** ( Hi-Fi, Background Sound, Home Cinema )

**CCTV, Intercoms, Domotics**

High-quality systems installed by qualified engineers

Installations and technical support within 24hrs

( a 3-Year Guarantee )

Tel: 964890260 Email: [skynet@live.com.pt](mailto:skynet@live.com.pt)

## SERVICES OFFERED

Portugal at your fingertips!



Portugal-info  
informing the  
world about  
Portugal

Portugal-info has been active since 1997 and is a unique network where browsers can find everything they need to know about Portugal.

Portugal-info is all about business. If you need more, you need to be included in the network.

Find out how little it costs to buy so much exposure:  
[info@portugal-info.net](mailto:info@portugal-info.net)  
or 282 423 770  
Also see details by visiting  
[www.algarve.ws](http://www.algarve.ws)



PVC Directo



Assembly of Doors and Windows in PVC/Aluminum, Shutters, Mosquito nets, Blinds, Electric blinds, Conservatories.

**We double the glazing - Not the price**

Tel: 916 184 148 / 969 410 952 • Fax: 282 380 308  
[pvcdirecto@gmail.com](mailto:pvcdirecto@gmail.com)

## Sky Realm

Portugals Official FREESAT installers!

DON'T LOSE YOUR VIEWING AT NIGHT!

PLEASE  
NOTE  
GENUINE  
Freesat &  
SKY  
equipment



freesat

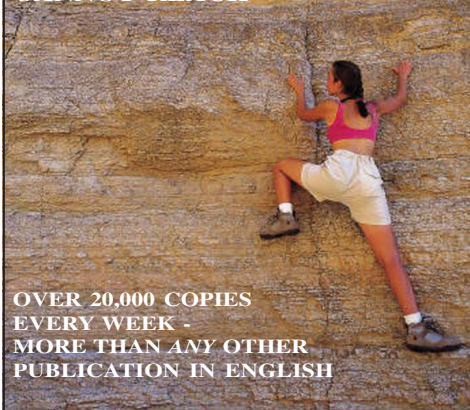


### systems upgrades

\* Our engineers are Sky UK trained \*  
We correct ALL problems on other companies work!  
ALL AREAS COVERED

Algarve 918 887 775  
Silver Coast 918 262 108  
Email: [skyrealm@hotmail.co.uk](mailto:skyrealm@hotmail.co.uk)

THE PORTUGAL NEWS  
REACHES THE PARTS  
OTHER PUBLICATIONS  
CANNOT REACH



OVER 20,000 COPIES  
EVERY WEEK -  
MORE THAN ANY OTHER  
PUBLICATION IN ENGLISH

THE PORTUGAL  
News

The 6th largest  
weekly newspaper  
in Portugal, in  
ANY language!

**TEL 707 500 677**



We are here to help with all  
your advertising needs,  
just call our  
Sales Manager  
on 707 500 677



WHERE TO WORSHIP

Lisbon

**IGREJA DO CORPO SANTO, LISBON** Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

**IGREJA DA SRA. DOS NAVEGANTES, CASCAIS** Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

**ST MARIA, SÃO PEDRO DO ESTORIL** Catholic Service in English every Sunday at 10.15 Tel. 21 467 3771

**OCEAN CHRISTIAN COMMUNITY** - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. Tel 21 928 2019

**INTERNATIONAL BAPTIST CHURCH OF LISBON** 11.30am English worship service in

the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1<sup>st</sup> Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

**BAPTIST MISSION - Esgueira (Aveiro)** Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986.

**RIVERSIDE INTERNATIONAL CHURCH** Office: Rua São José 178, 1 dto, Fontainhas, 2750-134 Cascais, Phone: 21 483 6590, Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N<sup>o</sup> 80, Quinta do Juncheiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 10:30 in English and 18:00 on Portuguese. Creche, children and youth ministries provided.

**THE DOOR** Christian International Church - meets at Cidade Desportiva, Praceta Carlos

Capitolo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm- all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

**CHAPEL OF ST. PIUS X: PRIORADO S. PIO X**, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

**ST GEORGE'S CHURCH, LISBON** (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School Service 11.30am every Sunday. Tel. 21 4692303.

**ST PAUL'S CHURCH, ESTORIL** (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30am every Sunday. Tel. 21 4692303.

**ST. MARY'S S. PEDRO DO ESTORIL** 368 Rua do Murtal, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

**ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN)** Rua Arriaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, www.standrewslisbon.com.sapo.pt

**CASCAIS INTERNATIONAL CHRISTIAN CHURCH** Av. de Sintra, N<sup>o</sup> 1154, Cascais (Tel: 21 486 1856). Mass each English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

**THE SALVATION ARMY, LISBON** Reboreira Church (Praça Almada Negreiros, Lote 213 Loja Dt do Exército 11 A); Chelas Corps (Rua Ruide Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Fichelleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

**IGREJA DE CRISTO (CRISTA)** Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

**LISBON SYNAGOGUE:** Rua Alexandre Herculano 59, Tel 213 931 130 Fax 21 388 4304 e-mail: celebsboa@mail.telepac.pt

**IGREJA BATISTA de Queijas** (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15 / Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua João de Deus, 76, Sintra. (Behind Sintra train station). Sunday 1.30pm. Tel: 214 690 600. No collection. Also Rua da Barroca, 122 (Bairro Alto), Lisbon. Sunday 11am. Tel: 213 421 604. (Chinese: Saturday 3pm) No collection.

The Algarve

**ALL SAINTS ANGLICAN CHURCH, ALGARVE** (Member of the Worldwide Anglican Communion) Holy Communion every Sunday for all the family. **Almancil** 10.30am with Adventurers (Sunday School with a difference) and Creche at Almancil Community Centre (ASCA). **Lagoa** 6pm at Lagoa Convent Chapel. Maps and further information at [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org) or 282 380 311.

**ST VINCENT'S ANGLICAN CHURCH** part of the Church of England, Diocese in Europe & Anglican Communion. Services every Sunday in our three congregations: 9.30am Igreja N Sra de Fátima, N125 between Quatro Estradas & Almancil, 916879430. 11.30am St Luke's, Gorjões (near Sta Barbara), 917267948. 8.00am & 12noon Igreja N Sra da Luz, Praia da Luz, near Lagos + Sunday School, 918824584. [www.stvincentsalgarve.org](http://www.stvincentsalgarve.org)

**CENTRO CRISTÃO FONTE DE VIDA** Pentecostal Church, Sítio do Povo, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799518 Website [www.fontevida.org](http://www.fontevida.org)

**THE SALVATION ARMY** in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, n<sup>o</sup> 19 (next to the Market).

**CATHOLIC MASS** every Sunday partly in English - 11am. at St. Lourenço Church - Almancil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, Griselinda Neto on 966168120 or Vitor on vgn@domopcor.com).

**INTERNATIONAL CHRISTIAN FELLOWSHIP** International Christian Fellowship in Portimão. Sundays at 11am. \*Sunday School for Children in English & Portuguese\* Avda 25 de abril 17 r/c-o, Portimão) \*opposite public swimming pool (piscina municipal)\* Tel 282 461 985. Website: [www.coaa.co.uk/icf.htm](http://www.coaa.co.uk/icf.htm).

**LIVING HOPE BAPTIST CHURCH** English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: [pastor@ibev.pt](mailto:pastor@ibev.pt)

**CHURCH IN ALJEZUR / VALE DE TELHA.** Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

**INTERNATIONAL COMMUNITY CHURCH** in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. 5 Travessa de Santo Amaro, Lagos, Tel. 282-086804 or 282-697546. [www.icc-lagos.org](http://www.icc-lagos.org).

**THE EVANGELICAL BAPTIST CHURCH** of Lagos: invite you join us in our English lan-

guage Service at 6pm. every Sunday. Find us at: - Urb Villa Praia da Ana, Lote 11b. Lagos (Nr. Hotel Golfinho) For more information, please contact Jack MacLeod on 282 768 088, Mob. 964914188

**INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE**

Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

**LAGOA CHRISTIAN FELLOWSHIP.** English and Portuguese Speaking Calvary chapel of the Algarve, Christ Centred study of the Bible and modern worship. Sunday school is available for toddlers to teens. Sunday services: English 11am and Portuguese 6pm. Mid-week study 8pm Wednesdays. Address: EN 125 Porches Retail Park, Vale de Louzas, Alcantarilha. Tel: 282 381 347 Pastor Gary O'Connor. Visit our Website: [www.lagoa-fellowship.org](http://www.lagoa-fellowship.org) for more information

**TAVIRA CHRISTIAN CENTRE** Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Steve 917 872 665 and 917 872 559 or Maria 966 380 404. E-mail: [jackieandmo@yahoo.co.uk](mailto:jackieandmo@yahoo.co.uk)

**RESGATE DE VIDA, LAGOS.** Raising up a new generation according to Eph. 4 v 11-12, Church with a Brazilian Flavor. Portuguese speaking, Children Meeting. Meeting on Sundays 8pm - 10pm at Rua, Hospital S. João de Deus. For directions phone Pastors Sidney 963414757 or Anderson 962834005

**ROMAN CATHOLIC ST. ANDREWS, PENINA** R.C. Mass in English every Saturday 6pm, St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

**SALVATION ARMY** Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Brás de Alportel

**ALL NATIONS.** Todas as Nações. All welcome, contemporary worship service and children's club. Carvoeiro Tennis Club, Matop Serrão Carvoeiro. Sundays 10.30am-12.00pm, Luke and Shelley 913362221

**EREV SHABAT** - For services Tel: 282 416710

**JEHOVAH'S WITNESSES** - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Lago Engembeiro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. School Tuesday 7.30pm Tel: 282 485 495. (Chinese: Saturday 4pm) No collection. Also Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia).

Sunday 10.15 am. School Wednesday 7.45pm Tel: 282 339 372.

Oporto

**GREATER GRACE INTERNATIONAL FELLOWSHIP** has contemporary Christian gatherings on Sunday afternoons at 3rd Baptist Church, Rua Estacao 133, Porto, & Saturday evenings on the 1st floor at Confeitaria Palacio, Porto (across from the "Emergency" entrance of Hospital Santo Antonio); for meeting times, details and updated schedule visit [www.NovaAurora.com](http://www.NovaAurora.com), call 220 994 785 or send an SMS to 917 112 736.

**RIVERSIDE PORTO INTERNATIONAL CHURCH - Oporto.** A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 contact@riversideporto.com or [www.riversideporto.com](http://www.riversideporto.com)

**ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO.** Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. [www.stjamesoportop.org](http://www.stjamesoportop.org)

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde), Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

**JEHOVAH'S WITNESSES** - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

Caldas da Rainha

**ANGLICAN EVENING WORSHIP IN ENGLISH.** At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Sdaude e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua Adelino Amaro da Costa, next to CERPIC. 2520 Peniche, Óbidos. Sunday 11am (1<sup>st</sup> & 2<sup>nd</sup> Sunday of the month). No collection.

*"I love the LORD,  
for he heard my  
voice; he heard my  
cry for mercy. Because he  
turned his ear to me, I will  
call on him as long as I  
live." - Psalm 116:1-2*



**10.30am • Holy Communion • ASCA • ALMANCIL**  
**with Adventurers and Creche**  
**6pm • Holy Communion • Convento de S. José • LAGOA**

**Lead Priest :** Fr. Joseph Wingo **T:** 309 402 783  
**Assistant Priest:** Rev'd Jackie Nevill **T:** 914 781 453  
**Deacon:** Rev'd Paul Luckman **T:** 917 240 123

[info@allsaintsalgarve.org](http://info@allsaintsalgarve.org) • [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org)

**Please enquire about Baptism Services, Marriage Blessings, Funeral Services etc.**

For directions, call 282 380 311 any time



## Adopted

Our friends already had two children of their own before deciding to adopt two more. Wanting more children, God gave them a desire to adopt from a local orphanage. Those who have gone through the adoption process know that it is not easy. A lot of careful thinking, praying, and discussing the possibility with their children preceded their decision to pursue this course of action. After the decision had been made, they worked through mountains of paper work, interviews, references and home visits before they were approved to become adoptive parents. Next they began their search for the children they believed would be a good fit for their family.

Visiting a local orphanage they met a brother and sister who needed a family. Immediately they began to consider the possibility and to pray for these two children who had been taken to the orphanage by a mother who could not care for them herself. Before the children could be available for adoption they had to have been without contact from a parent for at least three years. Because their mother lived in the area and contacted them from time to time, they had lived in the orphanage without being eligible for adoption until age 5 and 8. The difficulty of adopting

children at this age is that they come with more emotional baggage. Rejection, anger, loneliness and lack of stability had produced children who were insecure, defensive and aggressive. Could their family make it work and reverse the effects of the difficult start these children had on life?

When we enter God's family, He lovingly accepts us just as we are with all of our sin, insecurity, anger and other baggage. He does not choose us because we have it all together. On the contrary, He chooses us knowing that we are lost and that apart from Him our future is hopeless. Just like my friends welcomed these two needy children into their home, God welcomes sinners, no questions asked, into His eternal family. We trade the hopelessness of our former life for acceptance, love, security, forgiveness and a home in Heaven.

*"God decided in advance to adopt us into his own family by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure."*

*Ephesians 1:5*

\*More information about how to have a relationship with God can be found at [www.rbc.org/personal\\_relationship\\_with\\_god.page](http://www.rbc.org/personal_relationship_with_god.page)

1		2		3	4		5		6		7
8											
				9							
10											
							11			12	13
14									15		
							16			17	
18				19					20		
			21				22				
	23							24			
25											
								26			
27											

**ACROSS**

3. Uninviting (9)

8. Bellow (4)

9. Kind, helpful person (9)

10. Not present (6)

11. Mix (5)

14. Object (5)

15. Rotate (4)

16. Oito (PORT.) (5)

18. Coil (4)

20. Saunter (5)

21. Long (5)

24. Repudiate (6)

25. Translate (9)

26. Entanglement (4)

27. Mythical (9)

**DOWN**

1. Collapse (9)

2. Miserliness (9)

4. Tidy (4)

5. Be of use (5)

6. East (6)

7. Genuine (4)

9. Trap (5)

11. Start (5)

12. Astonish (9)

13. Compensation (9)

17. Implied (5)

19. Erase (6)

22. Swift (5)

23. At one time (4)

24. Beloved (4)

**Answers Crossword No 255**

**Across:** 1 Deep; 3 Prepared; 8 Sips; 9 Asterisk; 11 Bewilderment; 13 Strays; 14 Snatch; 17 Imprisonment; 20 Assuaged; 21 Isle; 22 Hesitate; 23 Onus.

**Down:** 1 Disabuse; 2 Empower; 4 Roster; 5 Pre-eminent; 6 Reign; 7 Dyke; 10 Play truant; 12 Chattels; 15 Treason; 16 Ascent; 18 Moses; 19 Rash.

**Crossword No. 256**

## su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

6			5					
				8	4	1		
		8				6		4
		1		4				2
4		7	3		5	8		
9	4			9		3		
		5	9	1				
					8			3

Last weeks solution:

9	8	3	1	4	5	7	6	2
2	5	4	6	7	9	1	8	3
6	1	7	8	3	2	5	9	4
8	2	6	9	5	4	3	1	7
3	7	5	2	6	1	9	4	8
4	9	1	3	8	7	2	5	6
1	3	8	7	9	6	4	2	5
5	6	2	4	1	3	8	7	9
7	4	9	5	2	8	6	3	1

For tips on how to solve Sudoku puzzles, browse the forums, go to [www.sudoku.com](http://www.sudoku.com)



## Announcements

**LONELY? BORED?** Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more!). Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.



**Suzannah's Flowers**  
Beautiful hand tied bouquets for all occasions.  
Delivery service  
282 341 388  
suzannahsflowers.com

**CASA - IS** a local social group established over 20 years. We are a friendly group who have a monthly newsletter and have at least one activity per month. These are usually dinners at local venues. We have an annual trip to either Spain or Portugal and various other activities. We are open to everyone. If you would like more information or a sample newsletter why not give Mary a call on 282 357 275.

**ANTIQUES FRED PEETERS** closed until the 27th August, please contact 969 095 329.

**MAN AND** large van going to UK 23 Sept. Returning 30 Sept. Will transport anything legal. 282 357 837 / 919 020 249.

Add a photo for impact:  
B & W, 4cm wide €10  
Colour, 4cm wide €15  
www.the-news.net

## Bureaucracy

**TRANSLATIONS.** English to Portuguese and Portuguese to English. Teaching experience. ALSO OFFERS extra tuition for Children in Portuguese. Contact 282 109 385 / 967 574 297 or email translations.english.portuguese@gmail.com

Take advantage of our special display ad (4 x 5 cm) @ €30 p.w. for 10 weeks or €20 in mono  
Call 707 500 677 or email classads@the-news.net

**TRANSLATIONS PERSONAL / LEGAL.**  
Many years experience,  
Tel/Fax: 282 484 776  
Mobile 919 194 319  
English / Portuguese / English.

## Business Opportunities

**BAR FOR Sale** Lagos Centre, fully licensed & ready to operate, €75,000 ONO, includes fixtures & fittings. Tel: 913 358 837 E-mail ange\_duncan@yahoo.co.uk

**ALMANCEIL - BISTRO** Cafe and Takeaway, great opportunity within Golden Triangle, 5 year renewable lease, only €35,000. for goodwill and inventory. View on www.portugalauctions.com Business ref. 105 or telephone 91 420 9965

Place your advert on-line at  
www.the-news.net

## Charities

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

**CAR BOOT** Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

**WANTED: THE** donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

**TAVIRA TREASURE** Charity Shop. Tavira Christian Centre. 126, Rua Almirante Candido Reis, Tavira. Come and browse. Come and bring. Clothing, Bric-a-brac, Books. Open Wednesdays, 2.30-4.30pm or phone 281 322 857 for further details. Volunteers needed so we can open more frequently.

**APAA CHARITY SHOPS.** Cerro Grande, Albufeira open Tuesday to Saturday 10.30am to 2pm. Dunas de Alvor open Tuesday to Sunday 10.30am to 2pm. Good quality clothes, bric-a-brac, books, jigsaws, etc. Stock and new volunteers always welcome. Help us to help stray and abandoned dogs and cats.

**ALBUFEIRA ABA** charity shop. An independent charity shop raising funds for neutering animals. Please help by donating items for sale in the shop, so that we can continue with this vital work. The shop is located on Avenida do Tennis, 41D, (next to Galeano Bar) on the road that leads to the Marina, from the dual carriageway, and is open Tuesday to Saturday 10.30am until 2pm.

## Catering

**BON BON CATERING.** Professional catering for all occasions. Also catering equipment for rent. Tel: 282 341 496, 965 779 079. bonrest@sapo.pt

## Education

**LEARN HOW** to speak Portuguese, in a relaxed atmosphere. no fuss, no stress, and very affordable. Group lessons. You're not alone, we have FUN. Centro Pacifico, next to KISS FM, Albufeira. Phone Isabel 914 662 955.

## Entertainment & Leisure

**ALGARVEAN'S EXPERIMENTAL** Theatre Group are active all year and need you as a member. Are you good with a needle or do you like to paint? Happy to go on stage and perform or would you prefer to assist backstage? Young or old join in the fun. Why not take a look at our website? www.thealgarveans.com. Want to be part of our group? Ring Nikki on 917 776 245 or email nikki.luz@hotmail.com

## DAVID HAINES ARTIST

### NEW GALLERY

**D. Pedro 1º square LOULE**  
opp. Municipal Arte Gallery  
Tel.: 968 290 627  
www.wdjhainesartist.tfp3.com

**"STRINGS & THINGS"**  
Musical Instruments. Lowest prices. New & Second-hand. Trade-ins, repairs, rentals, www.stringsandthings.eu  
Tel: 289 356 441 or 919 968 768.

**Home of the bears after the Algarvian exhibition tour**  
Art, Wine, Animals near Slide & Splash in Estômbar. Stunning sculptures.  
Tel: 282 431 036  
www.dancadosursos.com  
QuintaDosVales



**MURALS AND HAND PAINTED FURNITURE.**  
From children's rooms to trompe l'oeil.  
282 361 132  
www.paulawattmurals.com  
paula@paulawattmurals.com

**LATIN AMERICAN DANCING**  
for Adults/Beginners  
Commencing Tuesday 7.30pm 8 Sept.  
Quinta Fonte do Bispo.  
Information: 289 849 229 or 281 971 484

## For Hire

**LANGLEY (HOG) Roasts**  
Catering in Hog Roasts or DIY-Self Serve  
Tel: 918 879 843  
languelhogroast@hotmail.com

## For Sale Private

**TONER HP C4096A (96A).**  
For HP Laser Jets 2100, 2100M, 2100TN. €45. Call 707500655 Lagoa area or +€6 for postage.

**TONER HP C3900A (00A).**  
For HP Laser Jets 2100, 2100M, 2100TN. €45. Call 707500655 Lagoa area or +€6 for postage.

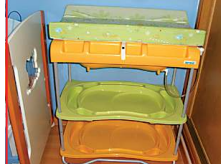
**SAMSUNG TONER ML 1610D2** series ML-161x, brand new. Boxed. €35. Lagoa Area or +€6 postage Call 707 500 655.

**PRE-OWNED GAMES** Room Stock - Outdoor Ping Pong Table (New Net, 2 bats and 6 balls) - 185€, Bar Billiard Table (Near Perfect Condition, New Re-cloth) - €725, Full Sized Pinball Machine (Judge Dredd, Fully Refurbished) - €750: 917 846 242 (Vilamoura).

**WOODEN COT** with mattress as new. €50. Also travel cot with mattress. Hardly used. €30. Tel. 965 804 567.

**ENVIROFIRE EF-III**  
Bayi Model FPI  
Free-standing wood pellet stove 11.72KW  
Good condition - domestic use only.  
€500ono.  
Tel: 934414092

## BABY EQUIPMENT FOR SALE



**Baby Walker** €30  
**Baby bath / Changing unit** €60  
**Chicco basinet with tripod** €60  
**CasualPlay S4 pushchair, (1 year old - AS NEW) including all accessories: carrycot, rain covers etc** €400



All €500 for a quick sale  
Tel: 966 382 378

**COLLECTION OF** approximately 150 Edwardian and Victorian bottles. Teing 289 413 191.

## SCROLLED IRON FURNITURE.

7 Tables 900mm² Pine  
Tops €30 each. 19  
Chairs. Upholstered cushions €15 each.  
2 and 3 Seater Sofas.  
Upholstered cushions and Backs €40 each.  
Discounts for sets.  
Tel: 936 305 867.

## Health and Beauty

**CANCARE. HAVE** you been affected by Breast Cancer? We are a small group who meet 1st Wednesday of the month for a coffee or snack at Cássima Café, Loulé (off the swimming pool roundabout) 1pm - 3pm. Come along to our informal meeting for support, advice or just a chat. For more information call Vi on 289 882 680.

**Complete Fitness**  
Home & Commercial Gym Equipment  
Visit our showroom in Almancil  
tel - 91 886 65 65  
www.completefitness.eu

**Feet & much more**  
Dunas de Alvor, Estrada da Barca, Loja 21, 8500-017 Alvor  
Tel: 966 237 330  
Open: Mon-Sat 10am-6pm  
Appointment necessary

Riverside International  
**MEDICAL CENTRE,**  
Sta Bárbara de Nexe /  
Faro, Maragota /  
Moncarapacho, Tavira &  
V.R. Sto António.  
24 hr service.  
Tel.: 919 657 860  
or 289 997 742.

**Suffering Chronic Pain?**  
Self help tool, often works where nothing else will!  
No drugs - No Needles.  
Call for a 15 minute FREE consultation 93 88 68008  
Elke Wasmann

**PRIVATE G.P. HUISARTS.**  
CONSULTATION and VISITS by APPOINTMENT. 24/7 SERVICE.  
ENGLISH, DEUTSCH and NEDERLANDS.  
CASA ARARAT (next to Tennis) QUINTA DAS RAPOSEIRAS.  
TEL: 918469366



DR. MED. REMCO HOLST

## Heating & Cooling

**PENGUIN PENGUINAIRCON.COM**  
Air Conditioning Solar Heating  
Installation & Servicing  
**SERVICE HOTLINE: 910 700 777**  
Tel: 289 092 595 Fax: 289 392 660  
Email: info@penguinaircon.com

## DOMUS ELECTRIC FLOOR HEATING

The CHEAPEST way to heat your house

NO gas, NO oil, NO maintenance

www.domus-heating.com  
EN-125 Sitio Benfarras, N° 552-a Boliqueime  
Tel: 289 322 852  
domusheating@mac.com

## Home Improvements

**PAINTING & EXTERIOR WALL RESTORATION.**  
Tel 966 521 828 / 938 665 717  
www.opra-pt.com

**PROFESSIONAL PAINTING SERVICE,**  
Restoration, Tiling, Fencing, Stone works  
Quick and Good Price.  
Contact Alexander 969 223 840.



**MASTERJOINER**

Joiner/general  
Maintenance.  
20yrs+ fitting  
kitchens, doors,  
floors, locks etc...  
Quality reliable  
service

Competitive prices!

EAST & Central  
Algarve

281 328 648  
926 615 244

masterjoiner@hotmail.co.uk

**Jobs Offered**

**DO YOU** enjoy working outdoors? Do you get on well with a variety of people? We are looking for active females to work on various golf courses in the area. The role involves a level of sales and offers a competitive salary with commission on a part-time or full-time basis. Good spoken English is a necessity and other languages such as German and Portuguese would be beneficial. Own transport is also necessary. We are particularly interested if you live in the Cascais and Caparica areas. Please contact Jamie on 00351917403423 for further information

**EXPERIENCED CHEF(S) WANTED** for Busy Restaurant Bar in Quinta do Lago Area. Full-Time hours available. Winter hours negotiable. Please send C.V. to kate\_findley@hotmail.com or call 919712705

**Legal, Finance  
& Insurance**

**FOR THE** most competitive insurance quotes from national and international insurers. Tel: 938 308 651 email: lusosure@gmail.com

**Abbeygate**  
The way insurance should be.



MOTOR HOME COMMERCIAL  
MARINE HEALTH TRAVEL

Get your quote today!

217 230 637  
www.abbeygateinsure.com

Place your advert on-line  
at [www.the-news.net](http://www.the-news.net)

**Marine**

**LASER SAILING** dinghy. Tel: 282 445 068.

**ICC TRAINING & TESTING.**  
RYA Motor Cruising & Powerboat courses. Tel: 965800702 Email: martin.northey@mail.telepac.pt www.theiberianseaschool.com

**ORKA 7M CUDDYCABIN**  
walk around fishing boat. Dutch built. Mercury 150 recently overhauled. Stainless anchor and chain. Life vests sounder ropes. All complete ready to go. No trailer. Owner bought big family boat in same marina Portimão. Bargain €6,000. Tel: 965 867 888. No dreamers please.

**Visit the Caves****BOAT TRIP**

Benagil - Lagoa

1hour trip  
€15 per person

Tel: 963 542 361  
or 282 359 676

Beach Transfers • Check our best prices & conditions for groups

**Office, Media  
& Technology****COMPUTER  
TECHNICIAN**

Qualified  
professional with  
over 20 years  
experience.

Trouble shooter, upgrade recommendations, tuition and networking. Hardware and software resale available. Wireless specialist. IT integration on building construction projects.

Tel: 282761398, 918411488  
or 962719488  
marcus@starworld.pt

**World Telecom  
PC Surgery**

Your one stop  
surgery for PC's  
Macs and laptops



A name  
you can trust  
See our main advert

**FOR SALE.**

Samtron 17" screen  
€30. HP A374A Inkjet  
printer €65. Brother  
Fax printer €45.  
(All second hand).  
Tel: 282 380 316.



As portable as a mobile  
phone, but much bigger!

Tel: 707 500 600  
today

**COMPUTER SCREEN**  
(Philips) 15". €19.50.  
Tel: 912 759 461 /  
282 457 058.



Ensuring your business IT  
works for YOU

Call 707 500 600  
Kurt Pardon  
IT Director

**Painting  
& Decorating****PAINTER &  
DECORATOR.**

Clean, quick, reliable.  
Professional service  
at competitive price.

Interior & exterior

Tel: 914 245 464 (Port)  
914 122 898 (Eng)  
freequotepainting@  
hotmail.com

**TURNERS**

**PAINTING CONTRACTORS**  
Interior and exterior work to the  
highest standards. All windows and  
doors fully masked, massive choice  
of colours and finish.

For free quotation and  
expert advice  
Lisbon, Silver Coast and  
Algarve  
Tel: 938 535 158  
turner.imob@gmail.com  
working for you

**Personal**

**RESPONSIBLE, EXPERIENCED,** female babysitter  
available, Carvoeiro/  
Portimão/Lagos. Bi-lingual,  
with own transport. Even-  
ings and weekends. Tel: 968 861 727.



Food \* Games \* Music \* Fun  
Competitions \* Drama!!!  
**BRING A FRIEND!!!!!!**  
Tel: 282 086804 or see  
[icc-lagos.org](http://icc-lagos.org) for location

**Mums & Tots**

Tuesdays 10.00am -12.00  
Meet friends, coffee, fun,  
playing, puppets.  
ICC Church Hall, Lagos.

For further details on  
location of Church and  
Sunday services (with Kidz  
Klub) & other activities and  
available courses at  
International Community  
Church, see web site  
[www.icc-lagos.org](http://www.icc-lagos.org)  
or call 282 697 546  
or 282 086 804.

**Explorers & Climbers**  
Mother & toddler group  
meets every Thursday at  
9.45am - 11.30 am.



Crafts, songs and  
lots of fun ... Where?  
Lagoa Christian Fellowship  
hall, Vale de Louzas,  
EN125, Alcantarilha.  
Refreshments available.  
Contact Elaine for more  
details on 916 447 407.

**"POP-INS"**

Mums and Toddlers  
Wednesday  
9.45am to 12 midday  
Bring your babies and  
toddlers and come  
meet new friends in a  
safe and secure envi-  
ronment. Toys, activi-  
ties, singing.  
Refreshments available.  
ICF Church Fellowship  
Rooms  
Cedipraia, Portimao  
For more information  
Tel Marina on  
964 820 392

**ALCOHOLICS ANONY-  
MOUS - Algarve. WEEKLY  
MEETINGS:** Mon.:  
Portimão 7.30pm. Tues.:  
Almancil 1.00pm; Almancil  
6.30pm (Men's meeting);  
Albufeira 8.00pm. Wed.:  
Almancil 7.30pm. Thurs.:  
Pêra 7.30pm. Tel: 919 005  
590; Tavira 7.30pm. Fri.:  
Almancil 1.00pm;  
Portimão 7.30pm. Sat.:  
Almancil 5.30pm. Call 919  
005 590, 10.00-7.30pm.  
Portuguese AA 917 483  
478. GSO Lisbon AA Tel.:  
217 162 969. We look for-  
ward to seeing you there.

[www.the-news.net](http://www.the-news.net)

**Pets**

**STOP THE killing!** Before  
buying or breeding pets,  
consider the many un-  
wanted / abandoned ani-  
mals looking for homes.  
Many unwanted pets are  
euthanized! Kittens: call  
Nora on 282 459 207 (even-  
ings). Adult animals: call  
Peter 965 019 796. To find  
an animal: call Michele 919  
457 263. Email Happy  
hounds@mail.telepac.pt

**Santa Catarina  
& São Brás de  
Alportel area****MISSING PODENGO**

medium, male, hair very  
short, light brown, small  
head, light grey, left ear  
always hanging down.  
Has been seen often  
times around St<sup>TM</sup>  
Catarina. Manni is very  
shy, but understands  
English and German.

**Reward €1,000.**

Tel.: 966 798 699.

**STOP THE KILLING!**

Before buying or  
breeding pets, consider  
the many unwanted/  
abandoned animals  
looking for homes.  
Neuter not Euthanise!  
Microchip your animal!  
**For information or  
to find an animal:**  
Michele 919 457 263  
email: happyhounds  
@mail.telepac.pt



**MY OWNER HAS  
CANCER.  
I URGENTLY NEED A  
NEW HOME.**

I'm 3, live near coimbra,  
castrated, gentle,  
get on with other  
dogs and people.  
Tel 962438739



**Hotel**  
for  
cats  
OPEN  
EVERYDAY

\*The best in the Algarve  
\*Fully licensed  
\*Door to door service  
\*CATS ONLY

Tel.: 282 912 462  
Mobile 919 566 769  
[www.gatotel.com](http://www.gatotel.com)

**ARE YOU LOOKING  
FOR A PET?**

I currently rescue  
kittens & cats, puppies  
& dogs; maybe I have  
your future companion.  
Call Valérie  
(Donkey Sanctuary)  
913 860 865  
or 282 342 823.  
lili10.evann@yahoo.fr

**PLACE AN ADVERT  
CALL OUR HOTLINE  
ON 707 500 646**

**Pools & Gardens**

**POOL LEAKS,**  
plumbing problems?  
Tel 966521828

**NEED A POOL?** Swim in 20  
Days! 30 years experience!  
Labour guaranteed for 10  
Years! Free Quotation.  
Phone 282 338 694 or 932  
868 804.

**SIMPLY SUN SHADES** for  
your D.I.Y. sunsail solution.  
Coolaroo sails, 90% UV pro-  
tection, 10 yrs warranty,  
stainless steel fixtures.  
[www.simplysunshades.com](http://www.simplysunshades.com)  
Richard 936 936 909.

**LEAKING POOL!** We find  
pool leaks fast, even under  
water. All aspects of repair  
and renovation. Tel: 281  
322 456 Mob: 967 307 528.

**POOL CLEANING & Garden  
Maintenance.** Albufeira  
and surrounding area. Re-  
liable service. Steve 913  
849 875.

[www.the-news.net](http://www.the-news.net)

**ALGARVE TREE SERVICES**

- \* Pruning \* Felling
- \* Brush Chipper Hire
- \* Stump Grinding
- \* UK qualified arborists
- \* 20 years experience

**Tel.: 917 479 921**  
[www.algarvetreeservices.com](http://www.algarvetreeservices.com)

**SWIMMING  
WITHOUT  
CHLORINE**

**UVC  
Treatment**

[www.limpaluz.com](http://www.limpaluz.com)  
info@limpaluz.com  
Tel 913 878 057



**THE SPECIALISTS  
FOR ALL YOUR  
TREE WORK,**

Tree inspection, Pruning,  
Felling & Dismantling,  
Planting & Transplanting  
THE BEST SERVICE FOR  
YOU AND YOUR TREES.

Tel: 961 415 239  
info@treeworkalgarve.com  
[www.treeworkalgarve.com](http://www.treeworkalgarve.com)



Take  
advantage  
of our  
special  
display ad  
(4 x 5 cm)  
@ €30 p.w.  
for 10  
weeks  
or €20 in mono



## Property agents



Property management,  
rental & maintenance  
in the Western Algarve.

Tel: 282 764 103  
Mob: 915 229 993  
www.vilalaia.com  
Office: Iberlagos, Bloco J,  
Loja 8, Lagos

## Property for Rent



### VILLA TO LET VALE DO LOBO - PORTUGAL

Stunning sea views,  
minutes from two well  
known golf courses.  
Superb detached villa  
with front line sea  
views, located 5 minutes  
walk from the beach,  
5 bathrooms, 4 ensuite  
bedrooms, 2 with  
private balconies, with  
all appliances, adjacent  
dining area with table  
for 8, patio doors to  
covered eating area  
for dining al fresco.  
Fully equipped kitchen  
with breakfast table.  
Laundry room with  
w.machine. 4 car  
underground garage.  
Completely fully  
furnished inc flat screen  
TV, alarm. Large heated  
pool with separate  
Jacuzzi. Brick built BBQ.  
August and September  
availability please email  
jem@tisjem.com for  
prices. Type 'VLEN44'  
into a website search  
engine for more photos.

For further information  
please call Jeanette :  
+44 1908 670 190 or  
+44 7810 27 27 20

**WE HAVE** several prop-  
erties available for long term  
rent in Central Algarve.  
Contact Muriel on 932 314  
312 for more information.

**TUNES, 2-3** bedrooms apart-  
ment, fully furnished large  
areas, very bright. For fur-  
ther information contact  
282 576 318.

### BOLIQUEIME VILAMOURA

**BRAND NEW**  
3 bed townhouse with  
garage in beautiful  
enclosed child friendly  
condominium.

Long and short term from  
€950 per month plus bills

Call Abi  
+351 967 734 825 or  
ray@earthsmartsd.com

**MONCARAPACHO,** 10  
month let, Sept-June, coun-  
try villa, 3bds, €450 w/elec-  
tric. Tel: 964 723 016.

**PORTIMÃO, SPACIOUS** 2  
bedroom apt. long term,  
fully furnished, garden,  
BBQ. In private villa with  
pool. Water and electricity  
included, €550/month. 964  
297 441.

**MONCARAPACHO LONG**  
LET, 3bedrm Villa, Pool, Sea  
view, Carport, Furnished,  
Quiet, Heating, £660mo.  
289792338, 938433045

## Property for Sale

**ALGARVE, BEAUTIFUL**  
4 bedrooms, 3 baths  
villa with pool of large  
size overlooking  
small town (Tunes)  
with beautiful views.  
Very private  
€350,000ono.  
Tel: 0035 387 269 6603.

**www.algarvepropertyfinder.org**  
The site with many APART-  
MENTS AND VILLAS for  
sale

### RISE IN PRICES IN ENGLAND WILL BE FOLLOWED HERE.

### BUY BEFORE THEY DO

**3 Bedroom detached  
villa with pool & sea  
view between  
Loulé & São Brás**  
€250,000.

**Very modern detached  
3 bedroom, 2 storey  
villa with pool &  
gardens. Quiet but  
conveniently located  
N. São Brás**  
€300,000.

If you want to see details of these  
and many more properties plus  
hundreds of photos, visit our page  
www.johnhillproperties.com

Contact John Hill Real Estate,  
Av. 5 de Outubro, No 20,  
8135-101 Alcanil.  
Tel.: 289 395 610 Fax: 289 397 212  
Mobile: 917 238 517  
Email: info@johnhillproperties.com  
AM1576

**PRIVATE SALE +**  
Professional Marketing:  
Advertise your property  
with www.  
AlgarvePropertyFinder.org  
The leading Algarve  
Website.

### WELL LOCATED APARTMENT IN LAGOA

Top floor T3 on the outskirts  
of Lagoa, with views across  
the fields, while being a  
stone's throw from all  
facilities. Situated in a pretty,  
landscaped cul-de-sac,  
light and spacious lounge,  
3 bedrooms, 2 bathrooms,  
kitchen and 2 balconies.

Private Sale P.O.A.  
Call 282 343 652 /  
282 352 547 or email:  
mail@infiniteinspire.com



**LOVELY SEMI DETACHED**  
3 bedroom villa, 2  
bathrooms, terraces on  
ground and first floor,  
fireplace, pre installation  
of central heating,  
garage, in quite location  
in Portimão, covered  
area 180m. Will send  
more photos and  
information on request.  
Fantastic opportunity  
for only €235,000.  
Contact 961372026

## sale of farm

### 7,3 Hectare Apple farm for Sale

Lovely, restored,  
5 bedrooms included built  
in cupboards,  
bathroom, diningroom,  
sittingroom, cinemaroom,  
large kitchen, 50 m<sup>2</sup>  
entertainment area,  
restored cellars and a  
250 year old restored  
chapel. PLUS a separate  
house with 3 bedroom,  
bathroom, kitchen,  
sittingroom AND  
barn for animals and  
extra storerooms.  
Contact George:  
00351- 912 860 197



€250.000

www.vila5.com



**WIN WIN WIN**  
A Recently Constructed  
Villa in Northern Portugal  
Please Go To  
www.winavillainportugal.com

### 5 MINS FROM GOLF, CARVOEIRO & BEACHES

4 bed family townhouse  
on outskirts of Lagoa  
2 baths (1 en-suite),  
sitting/dining room,  
Guest w/c, office,  
plus 2nd reception room

Set over 3 floors.  
Front & back garden,  
large terraces & patio,  
views over country &  
landscaped municipal  
garden with play area.  
NO CONDOMINIUM FEES  
Air con. throughout,  
wood burner, solar panel.

Close to schools & all  
amenities. Must be seen.  
Private sale. Reduced  
price: €297,000. ono  
Tel.: 918 721 688



### BOAVISTA GOLF & HEALTH SPA RESORT - LAGOS

Brand new luxury fully  
equipped 2 bed, 2 bath  
apartment, situated  
overlooking the 16<sup>th</sup>  
green on Boavista 18  
hole championship golf  
course. Discounted Golf  
& Spa membership.  
Only €248,500.

Tel: 282 000 170.  
Email: property.shop@  
emerson.co.uk

### Praia Del Rei - Óbidos Portugal

#### (Private to Private)

8000m<sup>2</sup> land with approved  
house construction of  
380m<sup>2</sup>, single storey,  
1,5km from Golf Club,  
3km from beach (main road).  
Views - Peniche Berenga  
Island

Price: €250,000.  
Contacts: José Martins dos  
Santos  
Ph: (+351) 961177252  
(+351) 936993107  
E-mail: jmmst@sapo.pt

**ALTO GOLF,** luxury 2 bed  
apartment with excellent  
sea views, walking distance  
to beach and club house,  
terraced floors, hand  
painted tiles. €295,000.  
Contact: 965 391 789 or  
282 471 442 (evenings).

**SÃO BRÁS** de Alportel - Look-  
ing for a bargain? Visit  
www.gerrysvilla.com

## Property Required

**T1 PORTIMÃO AREA.** Long  
term, cheap rental re-  
quired for elderly lady. Fur-  
nished or unfurnished.  
Preferably no stairs. Please  
tel.: 937 011 946.

classads@the-news.net

## Property Services & Building

### HOUSE RENOVATIONS IMPROVEMENTS REPAIRS

Lagos, Alvor,  
Carvoeiro, Pêra, Silves.  
Tel 966 521 828  
938 665 717  
www.opra-pt.com

## WINDOWS AND DOORS

### BEST PRICE IN TOWN

Made in Germany  
with guarantee

**RUDOLF STÖHR**  
933 836 999  
283 925 007  
r.stoehr@algarve.de



### Construction & Repairs

Professional, Quick, Clean  
**CIPRIANO SERVIÇOS**  
(PT) 962 230 625  
(ENG): 918 889 999  
ciprianoservicos@gmail.com

**NEED FENCING?**  
We do all types of  
fencing.  
Please call for  
FREE quotation  
932 868 804

**NEED A HAND**  
I can fix manythings,  
paint, put up shelves,  
re-hang doors.  
Call Gordon  
Tel.: 282 381 201 or  
mobile 962 828 789.

**IRISH PLUMBER**  
Available for all plumbing  
and heating needs. Based  
in Algarve.  
Call John 914 574 622.

**LICENSE FOR** holiday rentals  
with certification for gas  
and electricity. Info: 965  
856 525.

**ENGLISH PLUMBER** boiler  
pump drain problems no  
call out charge Tel: 916 767  
680.



Take  
advantage  
of our  
special  
display ad  
(4 x 5 cm)  
@ €30 p.w.  
for 10  
weeks  
or €20 in  
mono

## Removals & Storage

Phoenix Transport.  
UK/Portugal/UK.  
Local & international and  
Silver Coast.  
Door-to-door service.  
Removals & Storage.  
Also transport cats &  
dogs.  
16 years Algarve.  
Call 966 187 812  
or 967 225 357  
or UK  
0044 1482 213757

**LARGE VAN** going back to  
England Sept - Oct. Any-  
thing legal taken including  
cats & dogs. Mobile 966 187  
812.

**MAN & VAN**  
at your service.  
Call KEITH  
966 511 282 or  
281 963 151.

www.the-news.net

**MAN WITH** van Santarem -  
Tomar - Coimbra Area  
regular UK trips call Bill 914  
576 584, 249 382 335.  
billjude@hotmail.com

## Retail

**BEDROOMS EXTRA**  
are pleased that we  
now are agents for a  
UK Linen Co.  
P.S. We supply the most  
English beds  
on the Algarve - come  
and see.

## Satellite

**TAVIRA SATELLITE**  
TV Services. BBC, ITV,  
4&5 & Sky Digital.  
New systems plus  
repairs & upgrades.  
Experienced technician.  
964 721 714  
www.trevortronix.com

## ELECTROSOL SISTEMAS PARABOLICAS

For all your satellite system  
needs plus much more  
Based in Carvoeiro  
Tel.: 282 357 843

Add a photo to your  
advert for more impact:  
B & W, 4cm wide: €10  
Colour, 4cm wide: €15  
classads@the-  
news.net  
or tel: 707 500 646

## Services offered

## SEWING MACHINES

**NEW - €129  
USED - €50**

**REPAIRS**  
of domestic &  
industrial machines

E-mail:  
markburgau@yahoo.co.uk  
912681544 - 282695594

## CUSTOM MADE DOORS

**MICHAEL EDLER**

**TISCHLER • CARPENTER  
CARPINTEIRO**

(+351) 966 146 554  
(+351) 282 768 622  
8600-316 LAGOS  
algarve-carpenter.org



## UNLIMITED FREE

National & International  
telephone calls

707 500 600









# Reach 6 potential clients for just 1 cent\* (or for the cost of 6 beans)

I'm a company director



talk to me for the cost of a bean

I've just arrived at Faro Airport



talk to me for the cost of a bean

I'm Portuguese and I speak English



talk to me for the cost of a bean

I retired at the age of 45



talk to me for the cost of a bean

I'm looking for a property



talk to me for the cost of a bean

I'm a wife and the mother of 3



talk to me for the cost of a bean

Advertise in *The Portugal News* and you will reach the right readers for the right price. *The Portugal News* reaches more people of diverse profiles and ages. Turn to page 2 and see our exact print run for this week, a figure you can trust because it is official and independently audited.

To reach 6 readers for just one cent, call our Sales Manager on 707 500 677

\* Based on double directory colour = €80 per week

\* Readership of at least 50,000 based on audited circulation of approx 20,000 x 2.5 (newspaper industry standard readership)

Readership profiles: Sourced from Annual Reader Survey 2008

THE PORTUGAL  
**News**  
Established 1977



# Lions tamed as Dragons fly high



FC Porto players, Rolando (L), Falcao (C) and Raul Meireles (R) celebrate their goal against Nacional during the first league football match at Dragão Stadium, in Oporto on 23rd August. (Photo: Lusa / Estela Silva)

Sporting de Braga are the leaders of the Liga Sagres after two rounds by beating Sporting at the Alvalade Stadium 2-1 on Saturday. Benfica scored an injury time winner against Guimarães whilst FC Porto sailed through with a 3-0 victory over Nacional.

Sporting de Braga are currently two points clear from Marítimo, Benfica and FC Porto after two rounds of the Liga Sagres. Sporting went down to the tenth spot as they lost to the current leaders at home.

Although Sporting started the game very strongly with several attacking strides in the first minutes of the match, Sporting de Braga's defence held strong and they were able to tame the 'Lions'. After a few unsuccessful attacks, Sporting suffered a goal twelve minutes into the game, with a well placed shot by Alan beating Rui Patrício.

Once with the goal advantage, Braga seemed to take control of the game and Sporting did little to overcome the score line before half time. In the second half, Sporting came in with more assertiveness and their equaliser arrived thanks to Yannick Djalo, who scored a left footed beauty after 70 minutes of play. The even score was short lived though as Meyong scored Sporting de Braga's winner ten minutes before the end of the match, originating from a header from Alan.

Benfica had a lucky win over Vitória de Guimarães, with an injury time header from Ramires flying past Nilson. Benfica started the match well, but Guimarães were able to recover some ground and it was they who had the best chances in the first half, despite Cardozo's disallowed goal (as he was clearly off-side).

In the second half, Flávio Meireles received two yellow cards, the second providing Benfica with a penalty. Cardozo did not convert though as the ball hit Nilson's feet and deflected away. Despite Benfica's numerical advantage, it was Vitória de Guimarães who had the best chances, missing two clear opportunities of scoring late in the second half.

Three minutes from the final whistle, having just entered injury time, Ramires jumped high above Guimarães' defenders and scored the winning goal with an amazing header, which flew past Nilson.

FC Porto showed why they are the defending champions on Sunday, beating Nacional 3-0 in what was a one-sided match. Nacional were holding FC Porto back during most of the match, but when two of the Nacional players each received a red card, FC Porto were unmerciful and scored three goals within twenty minutes. Falcao converted a penalty and assisted Rolando's goal, then Rodriguez scored the final goal of the match, securing FC Porto's position in the table with four points. Olhanense are currently in eighth with two points as they have drawn both their matches so far.

## Football boss's car hits journalist

Controversial chairman of top Portuguese football club F.C. Porto, Pinto da Costa, has made headlines again this week after the car in which he was travelling following a court hearing collided with a journalist then failed to stop after being ordered to do so by police.

### SUPERLEAGUE FIXTURES DAY 3

MATCH	DATE	TIME	TV
P.Ferreira - Guimarães	Saturday	19h15	SportTV1
Naval - FC Porto	Saturday	21h15	SportTV1
Leiria - Marítimo	Sunday	17h00	
Leixões - Rio Ave	Sunday	17h00	
Braga - Belenenses	Sunday	18h00	SportTV1
Académica - Sporting	Sunday	20h15	SportTV1
Nacional - Olhanense	Sunday	19h00	
Benfica - Setúbal	Monday	20h15	RTP1

### Tax Returns... IMI Bills ...

## Missed the Deadlines?

We will provide the settlement service and charge

### NO OVERDUE TAX FEES\*

\* Terms and Conditions Apply

#### Compare our fees:

Fiscal Representation (per couple):	150,00 €
Tax Returns:	
Rental Income (per property):	100,00 €
Capital Gains (per property):	250,00 €
IMI Bills Settlement (for Clients):	FREE

(+ IVA / VAT)

**taxangels**  
FINANCE & TAX EXPERTS  
Vilamoura - Portugal

Tel: (+351) 289 380048  
UK: 020 7193 0650  
Rep. of Ireland: 01 443 4998  
info@portugal-tax.com

[www.portugal-tax.com](http://www.portugal-tax.com)

## Celebrations

The 1<sup>st</sup> major card shop in the Algarve with thousands of cards to choose from

Build a bear Balloons  
Gift wrap Cards Gifts

and much more!

154 Avenida Liberdade, Albufeira (Opp. old bus Station) Old Town.  
Tel 00351 289 548 028 Open every day from 10am - 9pm

### Taj Mahal<sup>®</sup>™ Original Indian Cuisine ALVOR

A reputation built on great quality  
Indian food & wonderful service

This family has been successfully running restaurants in the UK for 21 years, in Greece for 16 years and now they have expanded into Portugal. Russell welcomes you to their beautiful Alvor restaurant.

Families Welcome  
Huge Menu - over 186 dishes  
Experienced Chef  
Children's Menu  
No Cover Charge

Open daily from 6pm - midnight  
For reservations: 282 457 466  
or email:

[reservations@tajmahal.pt](mailto:reservations@tajmahal.pt)

All credit cards accepted

Very reasonably  
priced

[www.tajmahal.pt](http://www.tajmahal.pt)

Rua Marquês de Pombal, 66A - 8500-021 Alvor - Algarve

